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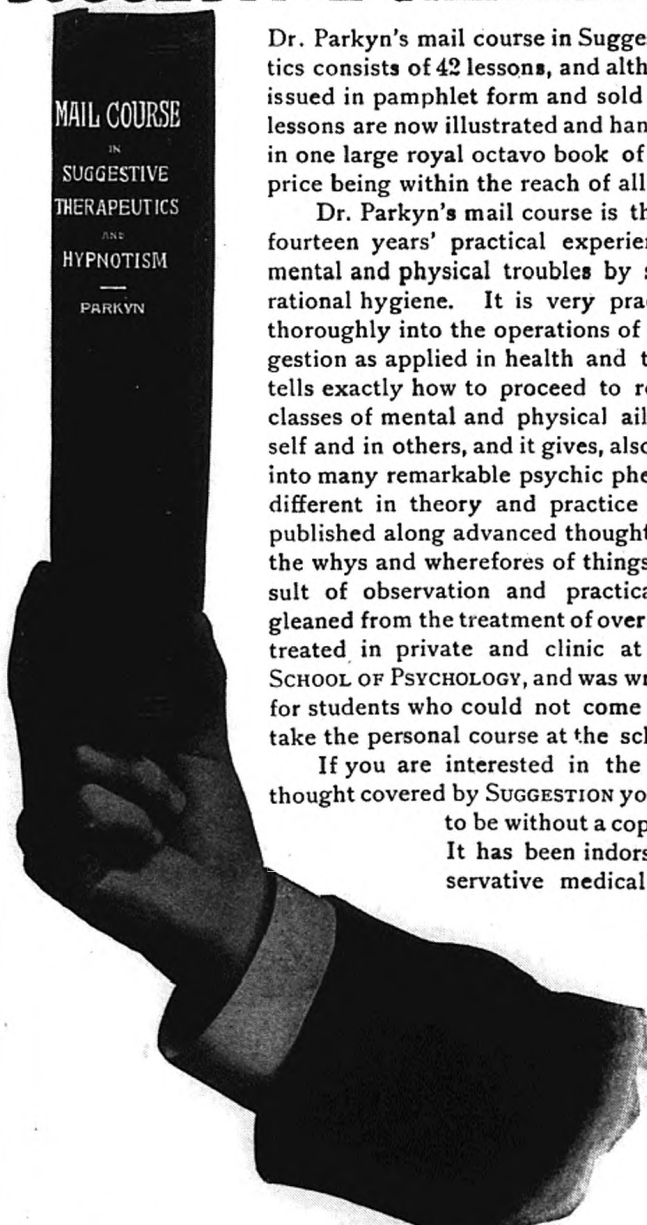
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VOL. XV.

CHICAGO, DECEMBER 1, 1905.

No. 6

Men of Action Made by Auto-Suggestion.

By HERBERT A. PARKYN, M. D.,

Superintendent Chicago School of Psychology, 4020 Drexel Boulevard, Chicago.

IF THERE is one thing required more than another in this country at the present time it is men of action with honesty of purpose. There are plenty of men of action with selfish ambitions or dishonesty of purpose, and curiously enough the average man seems contented to sit idle and watch this class of men control our municipal, state and federal governments. He even helps these men to attain their selfish ambitions by voting for them year after year because they have received the Republican or Democratic nomination, or, if he declines to vote for them, he sits and whines over their shortcomings. Whining won't clear out the rogues and political grafters, but ACTION WILL. Action with honesty of purpose to back it.

While it is true that we cannot all hope to be Roosevelts, Lawsons, Weavers or Folks, yet we can each be little Roosevelts, little Weavers or little Lawsons, and we must remember that the men of action I have named were once little men—little men of action, but, I believe, with honesty of purpose to back their actions.

It is so rarely we find a prominent man of action who is free from selfish motives that we are inclined to distrust any one who endeavors to do things unselfishly, and we seldom lend him a helping hand till years of unselfish and often lonely activity on his part have compelled us to recognize his honesty of purpose. For this reason,

the few men who have become great through unselfish activity owe very little to their fellowmen for assistance rendered, although we are willing enough to praise them and help them all we can after they have become great through their own endeavors, and have passed the stage where we can give them unselfish support. As a matter of fact the aid we are even now willing to give these great men is born of selfishness. They are fighting our battles and we are willing now to give them our support, because their efforts are likely to benefit us in the end through our pocketbooks. In other words, we are willing to become men of action and help these men of unselfish action because they are upsetting the grafters and trusts that have increased our taxes and our living expenses. Fie on us! How much better are we than the thousands of dishonest or selfish men of action who become well known because they can benefit their own pocketbooks or attain selfish ambitions?

Think of the personal sacrifices that our few great unselfish men of activity have made before they COMPELLED us to recognize their motives and come to their assistance!

It is not every man of unselfish activity that can make the necessary sacrifices to compel us to recognize his unselfishness, otherwise our legislatures would be composed wholly of honest, reliable, altruistic men, for we have thousands of active little Roosevelts and little Weavers working unselfishly among us endeavoring to benefit their fellowmen and awaken them to action. Some of these little workers will eventually become great men and we shall then be glad to applaud them and assist them because they can then assist us. Each one of us probably knows several of these little fellows, and we may even now endorse their efforts, but what effort are we willing to make unselfishly to aid them today? The selfish men of activity can well afford to pay men to assist them—can afford to buy active assistance, and for this reason the boodlers and selfish men of great activity are in control of our various legislative bodies. We know this to be a fact and yet we seem powerless to prevent it. Powerless! Why? For the simple reason that we are unwilling to become active, unselfish workers, or we are too lazy to make the effort, or too selfish to make the necessary sacrifices. We are glad to see the "other fellow" working if we are satisfied his motives are unselfish, but as a rule we are suspicious of an active worker and yet we ourselves remain inactive and watch the selfish workers crowd the altruists down and out, even without a protest at the ballot, unless we can see some immediate reward for any active services we might render.

Not long ago I attended two local political meetings in one evening in the same ward in this city. One meeting was held in the interests of one of these unselfish workers. His whole life has been clean and unselfish and he has made a success of his chosen profession. He has hundreds of so-called "staunch friends" (?) who know his sterling character and they were all glad to see him running for office. Yet the night I attended the meeting held in his behalf only a few of these friends were present and the hall was not half filled. He had no money to give his supporters, no fat jobs to give away if elected. He had nothing, in fact, but his sterling character and his promise to use his best efforts for his constituents and for clean government. Needless to say he was overwhelmingly defeated on election day. His immediate friends, of course, voted for him, but they failed to come out and work for him unselfishly, knowing that their only possible reward could be the satisfaction of having done their duty as true American citizens in behalf of truth, justice and good government.

The other meeting was held in a much larger hall and was packed to the doors with men whose breath reeked with the fumes of liquor. The candidate was a well-known gambler and saloonkeeper, who had fat jobs to give away, bad whisky to dispense and money to use. He is an active worker for selfish purposes and his followers were active workers from purely selfish motives, but other active work elected their candidate, although the whole crowd does not possess as much brains as any dozen friends of the young candidate I mentioned first. But these friends did not seem willing or certainly did not muster up sufficient energy to put their brains into active use in his behalf. If they had used their brains and performed active unselfish work they could have elected their man hands down, but with no money or whisky or jobs or "pulls" in sight there was evidently not sufficient immediate inducement to take them away for a few evenings from their self gratifications.

Is it any wonder that the honest, active men become discouraged or that our governing bodies are filled with boodlers and grafters and selfish men? The wonder to me is that an honest, honorable, active man ever succeeds in coming to the front, for the chances are all against him, unless, as occasionally happens, one of them performs some great public service that compels attention to be drawn to him.

Is it any wonder that there is a cry and a place for men of action with honesty and unselfishness of purpose? But what active support do we give these men when they do come forward?

"We have heard all this before," you say. Yes; but how long have you kept it in your mind? Have you kept it before you sufficiently to have it influence your actions or are you waiting for some one else to act?

You probably agree with what I have said, and for the moment you feel like becoming an active worker in the cause of justice and good government, but if you want to become a real, active worker you must keep the desire and the determination to act prominently before you, and you must begin your activities at once. Don't wait for some big opportunity to present itself a year or two years from now. Do a little unselfish work today, a little more tomorrow, and so on, day by day. In this way you will keep the matter in your mind, your work will count in the end and you will form the habit of working unselfishly. Who knows but your little beginning in this way may make you the next prominent man of action?

Thought takes form in action, but the strength of the action depends upon the strength of the thought. If therefore you want to become a man of action you must think often, think strongly and ACT. There is nothing like actual work to keep work prominently in one's mind, but vigorous auto-suggestions will assist in stimulating activity.

The following auto-suggestions may prove useful to the man who would like to become an active worker:

* * *

I CAN and will become an active worker in the interests of truth, justice and good government.

* * *

I WILL begin today to talk to my friends and acquaintances concerning the ways and means of electing honest representatives.

* * *

I WILL tell my friends how to become men of unselfish action and will set them a fearless example by my own work.

* * *

I WILL personally endeavor to hunt out honest, capable men and organize them into a committee to work unselfishly in the interests of truth and justice.

* * *

I WILL start active work today.

* * *

I AM now an active, unselfish worker.

To the casual reader these auto-suggestions may seem absurd, but have not your own actions been influenced time and time again by proverbs or quotations (auto-suggestions) such as "a stitch in time saves nine" or "do unto others as ye would that others should do unto you"? We have all repeated proverbs over and over again until they have become part and parcel of our thoughts and in turn influence our activities.

Similarly, the auto-suggestions I have given, or others along similar lines, if repeated several times daily will not only recall to mind our resolution to become active workers but will actually stimulate us to endeavor.

The auto-suggestions, like the proverbs, will prompt the activity, but there must be sufficient will power, determination and fearlessness to put the promptings into prompt action.

Be Master



Be master! Of thy place:
In sooth, the case
Must test thy soul—
Ne'er weakling wins the goal;
Still,—bankrupt go
Lord "Power" to know.

Be master! Of one art:
'Twill strain thy heart
And drain life's best
To prove this kingly quest;
Still—court the dream—
Stand thou supreme!

F. Channing Haddock, Ps. D.

Psychology of Habit.

By PROF. JAMES, Harvard College, from his work on Psychology

HABIT a second nature! Habit is ten times nature," the Duke of Wellington is said to have exclaimed; and the degree to which this is true no one probably can appreciate as well as one who is a veteran soldier himself. The daily drill and the years of discipline end by fashioning a man completely over again, as to most of the possibilities of his conduct.

"There is a story," says Prof. Huxley, "which is credible enough, though it may not be true, of a practical joker who, seeing a discharged veteran carrying home his dinner, suddenly called out, 'Attention!' whereupon the man instantly brought his hands down, and lost his mutton and potatoes in the gutter. The drill had been thorough, and its effect had become embodied in the man's nervous structure."

RIDERLESS cavalry-horses, at many a battle, have been seen to come together and go through their customary evolutions at the sound of the bugle-call. Most domestic beasts seem machines almost, pure and simple, undoubtedly, unhesitatingly doing from minute to minute the duties they have been taught, and giving no sign that the possibility of an alternative ever suggests itself to their mind. Men grown old in prison have asked to be readmitted after being once set free. In a railroad accident a menagerie-tiger, whose cage had broken open, is said to have emerged, but presently crept back again, as if too much bewildered by his new responsibilities, so that he was without difficulty secured.

Habit is thus the enormous fly-wheel of society, its most precious conservative agent. It alone is what keeps us all within the bounds of ordinance, and saves the children of fortune from the envious uprisings of the poor. It alone prevents the hardest and most repulsive walks of life from being deserted by those brought up to tread therein. It keeps the fisherman and the deck-hand at sea through the winter; it holds the miner in his darkness, and nails the countryman to his log-cabin and his lonely farm through all the months of snow; it protects us from invasion by the natives of the desert and the frozen zone. It dooms us all to fight out the battle of life upon the lines of our nurture or our early choice, and to make the best of a pursuit that disagrees because there is no other for which we are fitted, and it is too late to begin again. It keeps different social

strata from mixing. Already at the age of twenty-five you see the professional mannerism settling down on the young commercial traveler, on the young doctor, on the young minister, on the young counsellor-at-law. You see the little lines of cleavage running through the character, the tricks of thought, the prejudices, the ways of the "shop," in a word, from which the man can by-and-by no more escape than his coat-sleeve can suddenly fall into a new set of folds. On the whole it is best he should not escape. It is well for the world that in most of us, by the age of thirty, the character has set like plaster, and will never soften again.

IF the period between twenty and thirty is the critical one in the formation of intellectual and professional habits, the period below twenty is more important still for the fixing of personal habits, properly so called, such as vocalization and pronunciation, gesture, motion, and address. Hardly ever is a language learned after twenty spoken without a foreign accent; hardly ever can a youth transferred to the society of his betters unlearn the nasality and other vices of speech bred in him by the associations of his growing years. Hardly ever, indeed, no matter how much money there be in his pocket, can he ever learn to dress like a gentleman-born. The merchants offer their wares as eagerly to him as to the veriest "swell," but he simply cannot buy the right things. An invisible law, as strong as gravitation, keeps him within his orbit, arrayed this year as he was the last; and how his better-clad acquaintances contrive to get the things they wear will be for him a mystery till his dying day.

The great thing, then, in all education, is to make our nervous system our ally instead of our enemy. It is to fund and capitalize our acquisitions, and live at ease upon the interest of the fund. For this we must make automatic and habitual, as early as possible, as many useful actions as we can, and guard against the growing into ways that are likely to be disadvantageous to us, as we should guard against the plague. The more of the details of our daily life we can hand over to the effortless custody of automatism, the more our higher powers of mind will be set free for their own proper work. There is no more miserable human being than one in whom nothing is habitual but indecision, and for whom the lighting of every cigar, the drinking of every cup, the time of rising and going to bed every day, and the beginning of every bit of work, are subjects of express volitional deliberation. Full half the time of such a man goes to the

deciding, or regretting, of matters which ought to be so ingrained in him as practically not to exist for his consciousness at all. If there be such daily duties not yet ingrained in any one of my readers, let him begin this very hour to set the matter right.

PRACTICAL METHODS.

In Professor Bain's chapter on "The Moral Habits" there are some admirable practical remarks laid down. Two great maxims emerge from his treatment.

THE first is that in the acquisition of a new habit, or the leaving off of an old one, we must take care to launch ourselves with as strong and decided an initiative as possible. Accumulate all the possible circumstances which shall re-enforce the right motives; put yourself assiduously in conditions that encourage the new way; make engagements incompatible with the old; take a public pledge, if the case allows; in short, envelop your resolution with every aid you know. This will give your new beginning such a momentum that the temptation to break down will not occur as soon as it otherwise might; and every day during which a breakdown is postponed adds to the chances of its not occurring at all.

THE second maxim is: Never suffer an exception to occur till the new habit is securely rooted in your life. Each lapse is like the letting fall of a ball of string which one is carefully winding up; a single slip undoes more than a great many turns will wind again. Continuity of training is the great means of making the nervous system act infallibly right. As Professor Bain says:

"The peculiarity of the moral habits, contradistinguishing them from the intellectual acquisitions, is the presence of two hostile powers, one to be gradually raised into the ascendant over the other. It is necessary, above all things, in such a situation, never to lose a battle. Every gain on the wrong side undoes the effect of many conquests on the right. The essential precaution, therefore, is so to regulate the two opposing powers that the one may have a series of uninterrupted successes, until repetition has forfeited it to such a degree as to enable it to cope with the opposition, under any circumstances. This is the theoretically best career of mental progress."

The need of securing success at the outset is imperative. Failure at first is apt to damp the energy of all future attempts, whereas past experiences of success nerve one to future vigor. Goethe says to a man who consulted him about an enterprise but mistrusted his own powers: "Ach! you need only blow on your hands!" And the remark illustrates the effect on Goethe's spirits of his own habitually successful career.

[To be continued.]

The Value of Today

By Chas. Grant Miller



THE yesterdays are dead; the tomorrows are unborn; it is today alone that is ours, that is ever with us and that makes up our lives and eternity as single grains of sand make up the boundless beach of the seas.

Born between two heartbeats and dying as instantaneously; ever ending only to begin again; filling the space between the limitless past and limitless future without ever merging into either; passing with the swiftness of a weaver's shuttle and like it fashioning the fabric of our lives; dropping one by one into some fathomless lake; as unfaltering in its flight as is the motion of the earth on its axis, and ever bearing our life with it from one eternity to another—there is nothing more real, nothing more elusive than this period of time which we call "today."

Life for a day is but an epitome of a lifetime. We wake in the morning with no knowledge of where our souls have been wandering while the senses slept; with fresh vigor and interest we enter upon the occupations of our daily work and fulfill our duties with an energy that begins to fail as the evening shadows lengthen; as darkness deepens weariness comes down upon us and at last we are glad to lay aside our work and cares and to surrender ourselves to the sleep that spirits our souls back again into the unknown.

Each day has its own allotted task—no more. It is only when we go beyond that which is given us for the day and force the mind and body to do things not worth while; when we are not content to bear the evils of the day, but harass ourselves with anticipations of those the future may bring; when we are not satisfied with the "daily bread" for which one wiser than we taught us to pray, but strive to lay up a useless surplus to leave behind; when the pleasures that were given us to enjoy in wholesome moderation degenerate into wild excesses—it is only then that outraged nature takes revenge for the neglect of her laws, and sanitariums and lunatic asylums are filled with the victims of ill-regulated lives.

Today is a small space—only a lightning flash in the dark. But of all the uncharted oceans of eternity it is all that is really ours.

Today exacts little of us, but as we do that little well or ill we weave the warp and woof of our success or failure in life.

The duties of today are small, but as our todays add into months and year and lifetime, our daily deeds too accumulate into mighty forces for good or ill.

Vast World Problems.

By PROFESSOR EDGAR L. LARKIN,
Echo Mountain, Cal.

Written for SUGGESTION.

THE morals of "civilized" nations are vanishing at an alarming rate. I published this statement in a philosophical magazine one year ago, and when the article was in print it looked visionary. But another year shows its truth. The morality of all those peoples classed in geographies as "enlightened," or just merely "civilized," is now at a low ebb. Here in our own dear country, the tide is flowing fast and flowing faster.

The cause has been suspected for several years and is now fully known to mentalists. The origin of our widespread decadence of morals has been discovered, or, more accurately, re-discovered, in that long lost but most potent law of human nature, PRE-NATAL INFLUENCE.

The ancients knew it in every detail. The effects are now baneful and depressing. The mind of the race is being contaminated and its grade lowered by insane search for wealth. Hideous crimes are spoken of in jest and treated as a matter of course. The cause of the present Saturnalia of stealing is as clear as day to modern mentalists. It is the time of unparalleled stealing during and just after the Civil War. The leading thieves of the United States, those expert enough to rob sums ranging from ten to one hundred million dollars, are not much past middle life. The war closed some forty years ago. Their mothers, during the hideous period, hourly heard of the stealings of scoundrels from the government and from each other, and of war, and the pre-natal malignant influences gave rise to our present set of polished thieves. Their existence was inevitable from the sights and sounds of the horrific years of war and rapine. These thieves are now ruining our cities. Banks and companies of all kinds are in danger from them. No cities mentioned in history were ever in such slimy grasp as ours. Lawson's "Frenzied Finance" publications are doing much harm to embryonic minds by the mere recital of the depths of modern municipal and stock-jobbing bodies. The horrors at Philadelphia are at this moment saturating the formative minds of the unborn with seeds of crime. And the awful fact stands out;

these children when grown to maturity will have an ingrained and almost hopelessly irresistible desire to do wrong. Then they will be punished for deeds of Philadelphia thieves.

SOLEMN WARNING FROM MENTALISM.

Let ridicule be hurled at INFLUENCE if desired, but it is a rigid law of MIND. And what will the dreadful harvest be from the present reign of thieves? What horrific progeny will issue? Within thirty-five to forty-five years the descendants of our gigantic thieves in New York and of others not directly related, but whose pre-natal minds are now being ruined by their criminal actions, will come very near, if indeed they do not overthrow this nation—yes, our country—the United States. The wretched period since January 1, 1900, must inevitably repeat itself in 1940. It seems to the writer up here on this peaceful mountain that he is above a seething, turbulent sea of troubled millions, sunk in war and life-destroying rush for riches. Gibbons' pages have nothing to match our reeking era, now on. And the incredible fact is the rapidity of action of the devouring money monster. Expectant women look upon the terrific scene and then give birth to children that must rob.

The statesmen having charge of this government between the years 1935 and 1950 will be swamped by a carnival of robbing on all sides. Civil war nearly and awful riots will redden the streets of cities. "City fathers" will at times become "whiter in the face" than in Philadelphia this year. The execrations of Lawson will be as nothing when all the great papers thunder against them. The difference is this: The child of an expectant mother who is watching the motions of a thief must steal, or at least have an inherited tendency. A young man, say at the age of eighteen, looking at the same robber, will have a strong desire to steal also, but as it is not built into the cells of the brain his case is amenable to careful moral treatment, if he can have it. If not, he is ready for crime at maturity. But for a girl aged eighteen to keep her eyes on thieves the results are direful indeed, extending to a future of mental and moral disease. Every mentalist in the world knows this to be true.

Modern mentalists have a far better opportunity of studying mind than the great mentalists of ancient India and Egypt, from the fact that we have the art of printing. This is a thing of vast import. Expectant mothers hear of everything, for the mind of the race is mirrored in the papers.

The moralists of Europe were startled by the current aspect of humanity when the first newspapers were printed; but now when they are published by millions, giving hideous pictures of man's present mental and moral condition, all mentalists tremble with alarm, solicitude and dismay.

OUR PRESENT DREADFUL MENTAL CONDITION.

Accurate accounts of stealing are read daily where names of men that have been honored for years and who hold high official positions are changed to thief. And now it is universally believed in all parts of the country that our great Wall Street financiers are simply plain thieves. I happen to know what I am talking about. Visitors come here from all parts of the civilized world; I enter into conversation with them, and without exception they call these big financial experts thieves. Awful crimes against the people were committed in ancient times in Babylon, Thebes, Athens, Rome, but history does not record any depths of human villainy and infamy equal to insurance thieves, who steal from loving parents who are striving to protect their children. The pages of the records of crime afford no blacker crimes. And do not these hideous men know that the effects of their crimes are simply terrible on the minds of the people and worse on the forming minds of unborn children?

To repeat:

"What will the horrible harvest be?"

Here is a side issue: Since the war began between Japan and Russia 6,000 people from everywhere have called at this observatory. Not even one had a good word for Russia. This may be considered a test vote of mankind. Thus: Call a vote of the human race and the general execration of the world would fall on the fiends of Russia—the Bureaucrats. Pity is always expressed for the enslaved millions—the Russian people. And American bureaucrats, insurance, banking and municipal thieves are hated with an intensity that they cannot comprehend. And human speech cannot describe the scorn that is heaped upon the excessively wealthy women in the eastern cities and those that pay \$3,000 per year for shoes and stockings for their pet dogs are submerged by other women with vitriolic ridicule. And fiery tongues of hate hiss against them. And were not these fashionable dog fanciers insensible to all human emotions—their ears would tingle with scorching words spoken on this mountain 3,000 miles away. The "smart set" must feel unhappy. Thus take one

of them when alone and not under the influence of alcohol, he or she could not help but know that they are simply hated by the American people. This mere fact, one would think, would be enough to cause severe mental depression. Their influence is direful; they, too, are poisoning the minds of unborn children, for mothers see column after column in the papers where their orgies are described and their antics pictured in detail. Do not these creatures want any trace of human sympathy? What horrible old ages they must endure! They know that the people of the United States despise them from the ground up.

Look out for 1940; the government will be tested by a stronger because more insidious force than in the Civil War of 1861. The writer asserts that at no period since the noble "barbarians" wiped out that concentrated den of thieves—Rome—has crime been so rampant. The son of a man who is able now to steal \$50,000,000 will steal a hundred with more skill, polish and accuracy in the fated year 1940. It is absolutely impossible to escape the clutches of a broken law of nature. What are the thieves thinking about? Do they want their sons to be like them?

Lowe Observatory, Echo Mountain, Cal., Aug. 1, 1905.

There is no substitute for thorough going, ardent and sincere earnestness.—*Dickens*.

* * *

A given force applied for a given time upon a given point is bound to win.—*Napoleon*.

* * *

Benevolent feeling ennobles the most trifling actions.—*Thackeray*.

* * *

Every person has two educations; one which he receives from others and one, more important, which he gives himself.—*Gibbon*.

* * *

Bind together your spare hours by the cord of some definite purpose, and you know not how much you may accomplish.—*Wm. M. Taylor*.

* * *

In the sight of death, hope sees a star and listening love can hear the rustle of a wing.—*Robert G. Ingersoll*.

The moralists of Europe were startled by the current aspect of humanity when the first newspapers were printed; but now when they are published by millions, giving hideous pictures of man's present mental and moral condition, all mentalists tremble with alarm, solicitude and dismay.

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To repeat:

"What will the horrible harvest be?"

Here is a side issue: Since the war began between Japan and Russia 6,000 people from everywhere have called at this observatory. Not even one had a good word for Russia. This may be considered a test vote of mankind. Thus: Call a vote of the human race and the general execration of the world would fall on the fiends of Russia—the Bureaucrats. Pity is always expressed for the enslaved millions—the Russian people. And American bureaucrats, insurance, banking and municipal thieves are hated with an intensity that they cannot comprehend. And human speech cannot describe the scorn that is heaped upon the excessively wealthy women in the eastern cities and those that pay \$3,000 per year for shoes and stockings for their pet dogs are submerged by other women with vitriolic ridicule. And fiery tongues of hate hiss against them. And were not these fashionable dog fanciers insensible to all human emotions their ears would tingle with scorching words spoken on this mountain 3,000 miles away. The "smart set" must feel unhappy. Thus take one

of them when alone and not under the influence of alcohol, he or she could not help but know that they are simply hated by the American people. This mere fact, one would think, would be enough to cause severe mental depression. Their influence is direful; they, too, are poisoning the minds of unborn children, for mothers see column after column in the papers where their orgies are described and their antics pictured in detail. Do not these creatures want any trace of human sympathy? What horrible old ages they must endure! They know that the people of the United States despise them from the ground up.

Look out for 1940; the government will be tested by a stronger because more insidious force than in the Civil War of 1861. The writer asserts that at no period since the noble "barbarians" wiped out that concentrated den of thieves—Rome—has crime been so rampant. The son of a man who is able now to steal \$50,000,000 will steal a hundred with more skill, polish and accuracy in the fated year 1940. It is absolutely impossible to escape the clutches of a broken law of nature. What are the thieves thinking about? Do they want their sons to be like them?

Lowe Observatory, Echo Mountain, Cal., Aug. 1, 1905.

There is no substitute for thorough going, ardent and sincere earnestness.—*Dickens*.

* * *

A given force applied for a given time upon a given point is bound to win.—*Napoleon*.

* * *

Benevolent feeling ennobles the most trifling actions.—*Thackeray*.

* * *

Every person has two educations; one which he receives from others and one, more important, which he gives himself.—*Gibbon*.

* * *

Bind together your spare hours by the cord of some definite purpose, and you know not how much you may accomplish.—*Wm. M. Taylor*.

* * *

In the sight of death, hope sees a star and listening love can hear the rustle of a wing.—*Robert G. Ingersoll*.

Self Control.

BY ROBERT WAYNE HARRISON,

Written for Suggestion.

TWO of the finest examples of self-control that have come under my observation was in children less than five years of age. One was the child of an actress, and so well was the little one drilled in self-control that no matter how much pain she suffered, or disappointment she encountered, she was enabled to repress the tears and show no emotions of sorrow, fear or disappointment. The other seemed to be natural with a little boy, who, by his own strong will power, accomplished for himself the same that this little girl did through the help and drilling of her mother.

The lesson we learn from actors is a good one. They teach us that it is possible to repress our feelings under the most trying circumstances, and it is not an unusual thing to read of an actor or actress going through their lives upon the stage with the knowledge that a dearly loved one miles away is slowly passing away from the stage of life.

One of the saddest things we encounter, is to see one drifting helplessly and hopelessly upon the sea of life, a slave to something. We hold up our hands in holy horror when the subject of slavery is introduced, yet, there are more slaves today than ever before in the history of the world. Slaves to fashion, and unable to break the chains; slaves to superstition, and unwilling to look at the light of truth; slaves to dogmas and rituals, and too cowardly to live the free life of an emancipated soul; slaves to our children, and too blind to make them stand upon their own feet; slaves to stimulants, narcotics, drugs, tobacco and our appetites, and without the moral courage to live the simple life and trust ourselves.

People are too prone to do this, and to do that, and to believe something just because their daddies did it. They allow others to think for them and to control them, instead of thinking for themselves and controlling themselves.

I know men who have attempted to control companies, battalions and regiments, who could not control themselves. We see every day men attempting to rule cities, towns and governments who are sadly lacking in self-control. We see fathers and mothers attempting to

control children who cannot, or will not, control themselves and when we see it, we have another example of the blind leading the blind. You cannot and must not expect to control others, unless you can first control yourself. You cannot heal others unless you first heal yourself; and I repeat once more, that scriptural injunction, "Physician, heal thyself!"

I have been asked this question: "How do you do it?" You obtain self-control by persistent effort. You start by putting self entirely in the background. You realize how small a portion of the Great Whole that *I AM* and put I to one side. Your actions must not be inspired by wholly selfish motives. You must not treat any one differently from the way you would wish to be treated yourself. If you receive a few knocks and jolts while trudging through life, realize that it is a part of your education, and that they were just what you needed. Control your desires. Envy no man his riches or position, but make a place for yourself that you alone can fill.

Learn to say, and say it with all the emphasis of your soul, "*I CAN and WILL be that which I wish.*"

The more I think of the incident about the old woman at the Holiness Camp Meeting, the more truth I see in it. In giving in their experiences, one man got up and said: "I am just as good as I want to be." "Yes," said an old lady, "we are all just as good as we want to be, if we were not we would be better."

The first law of psychology is for every one to attend to his or her own business. If we learn this lesson, does it not put us a long way on the road to self-control? I think so. I am aware that it is much easier for some to acquire self-control than others. Environment has much to do in shaping our lives, but there is a source of strength which enables us to overcome environment and attain self-control under the most trying circumstances.

Whence comes it? By studying the science of the soul we are enabled to appreciate what the everlasting spirit of truth is and this it is which shall set us free. Free from sickness, free from fear, free from anxiety, free from pain, free from poverty, free from worry, free from sin and the devil.

It is possible for each and every one to be captain of his own soul, commander of his boat and ruler of a kingdom. The kingdom within is just as large as the one without, and it was a great truth written by an inspired one, who said: "He that conquereth himself is greater than one who conquers an army."

It takes some of us a long time to find out that such a thing as self-control is possible. I was half a century finding it out myself. For fifty years I was like a reed, blown hither and thither, by every passing breeze. I used to think that all the years of sin, sickness and suffering were wasted, but I don't think so now. Those were experiences that I needed for soul growth or the unfoldment of a higher life. I could not have reached the mountain of self-control had I not passed through the valley of temptation. Now I can look back and see where I was led by an unseen hand, and realize the truth that upon failures and disappointments we are permitted to erect substantial structures.

To whom shall we give credit for power to resist sickness, sin and temptation? To the one and only source of light, life and truth. The universal spirit which should illuminate our every act and deed.

Learning makes a man fit company for himself.—*Young.*

* * *

One can not always be a true hero but one can always be a man.—*Goethe.*

* * *

It is not what he has or even what he does which expresses the worth of a man, but what he is.—*Amiel.*

* * *

Of all virtues, magnanimity is the rarest; there are a hundred persons of merit for one who willingly acknowledges it in another.—*Haslitt.*

* * *

Compassion will cure more sins than condemnation.—*Beecher.*

* * *

There is a remedy for every wrong and a satisfaction for every soul.—*Emerson.*

* * *

Every one carries his destiny in his own bosom. Fate is but the deepest current of one's nature.—*Dr. Bellegarde.*

* * *

We would often be ashamed of our noblest actions if the world were acquainted with the motives that impelled them.—*La Rochefoucauld.*

SUGGESTION

A MAGAZINE OF THE NEW PSYCHOLOGY

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HERBERT A. PARKYN, M. D., C. M.,
Editor.

ELMER ELLSWORTH CAREY,
Associate and Manager.

* * * SUGGESTION is a popular home review, devoted to the scientific discussion of psycho-therapy, the new psychology, suggestive therapeutics, psychic research, natural healing, rational hygiene, advanced thought, and allied subjects.

* * * IT IS THE aim of the editor to find a basis of fact on which to ground all theories regarding metaphysical and psychical processes, and to account for all occult phenomena on purely scientific lines.

* * * SUGGESTION teaches that health is within the reach of all: that there is but one disease with a thousand symptoms; that right thinking and right living will always produce harmony in the bodily functions, the result being health; and that drugs are not necessary, and that nature cures.

* * * EVERY subscriber to this magazine is formally notified when his subscription expires, and a renewal remittance should be made promptly. Unless a renewal order is received this magazine will be discontinued. If you wish to preserve copies of SUGGESTION in regular order, do not fail to send in your renewal promptly. It is not necessary to send the subscription price at the same time, but we must have your written order for renewal.

* * * TO MY SUBSCRIBERS: The date of the expiration of your subscription appears on the wrapper. You are cordially invited to renew your subscription. I do not want to lose any members of the SUGGESTION family; if a dollar is not at hand, mail us a postal asking that the magazine be continued—forward the subscription price when convenient. Why not send us the name of a friend or two who might be interested in our magazine?—EDITOR.

* * * PLEASE NOTE: Address all communications to SUGGESTION Publishing Company, and make all remittances payable to this company.

Ideas go booming through the world louder than cannon.
Thoughts are mightier than armies. Principles have achieved more victories than horsemen or chariots.—*W. M. Paston.*

* * *

The true way to conquer circumstances is to be the greater circumstance yourself.—*Marden.*

* * *

"Wait not for destiny, wait not at all;
This leads to failure's dark and dim morass;
Sound thou to all thy powers a trumpet call,
And, staff in hand, strive up the mountain pass."

EDITORIAL

End of Volume XV.

THIS number completes Volume XV of this magazine. The first number of SUGGESTION was published in 1898. The magazine has a host of friends that the editor has never met and he wishes to thank every one who has contributed to the success of the publication.

Every one who has said a good word for the magazine, or sent in the name of a friend, or a clipping, or suggestion, or a new subscription has materially contributed to the welfare of SUGGESTION, and to all the editor is deeply indebted.

SUGGESTION is the exponent of the New Psychology which deals with the principles that underlie health, happiness and success. This magazine teaches that it is possible for all to be content, happy and successful; that man has natural inherent powers which will carry him through life in peace and comfort. SUGGESTION deals with practical questions affecting the here and now, and offers no comment on matters of faith or religious belief, with man's life before he appeared on the earth, and with his life after he leaves this earth, this magazine is not concerned.

SUGGESTION teaches that the natural laws of our being are sufficiently well understood so that their operation would produce very desirable conditions on this planet if unnatural conditions, caused by ignorance, did not exist.

. . .

If you know of a friend who might be interested in the subjects discussed in this magazine, why not send his or her name? Why not do it now? If every reader would send the name of one thinking friend the area of usefulness of this magazine could be greatly extended. Some friends have sent in a dozen names; the editors would be pleased to have every reader send in the name of a thinking friend by January 1, 1906, so that sample copies can be sent to all.

Here is an opportunity to do a kind act. Why not seize the opportunity before the impulse leaves you? Why not now?

H. A. P.

The Art of Living.

THE Art of Living should be taught in kindergartens, schools and in every home. Children can be given proper conceptions of life and the results will be manifest in after years. The art of living is as well defined as the art of painting. The average person makes a failure of life because he knows nothing of the science of mentality. The average man is poorly equipped in the great battle of life. He knows nothing of the principles which underlie health, happiness and success, and he is predestined to failure.

We cannot expect a person to navigate a ship who knows nothing of the science of mathematics or astronomy. Living is the hardest task mankind finds to do; it should be the easiest.

If a person from early youth has been taught erroneously regarding the blending, harmony and combination of colors it is hardly possible that such a person would succeed as an artist. A lifetime of error would act as an impossible barrier to an artistic career.

And when a child has been taught wrongly concerning every element of life, and when the teaching, by precept, example, suggestion and environment, has been continued for years it is only natural to look for failure in after years.

Images of fear, discontent, selfishness, anger, pride, worry, self-abasement, humility, indecision, pessimism, etc., are constantly before the child and are built into the every fiber of its being. With a mental structure into which has been interwoven the very essence of failure we can expect only failure.

As a man thinketh in his heart so is he. Mankind today is taught to think of fear, failure, discord, war, greed, strife and misery. He allows the essence of these horrible states of negation to be distilled into his very soul, and then with mind and body charged with the quintessence of doubt and pessimism he starts forth to make a success of life! And yet we are teaching our children in school, church, society and family the very things that insures their downfall. Man is some kind of a worm of the dust, depraved, wicked, lost; he is a misfit, a false creation, a mistake, a monster; he is full of misery, sickness, sin and disease; he is powerless to help himself or to better his condition. And so forth and so on. This is the old idea, and as a result we see failure, distress and misery written in mammoth letters all over this land.

Every newspaper is a sad chronicle of crime, defalcation, loot, a strife, graft, suicide and horror. Today in the United States there

exists a saturnalia of corruption in the financial world; a small portion is uncovered daily; for one exposure there are a thousand cases of duplicity that are hidden.

* * *

We will never see a change until there is a change in our educational methods. This horrible state of affairs will continue until the fundamental principle of being are recognized and universally taught.

Some of these principles have been expounded in this magazine from time to time and the back numbers of SUGGESTION contain many articles dealing with the question of habit and character formation; for, of course, character formation is the ground-work upon which the hope of this country rests, and character formation is essentially a psychological process. Character may be moulded as a potter moulds his clay. And as the potter understands the art of moulding and his creations are pronounced good, so we will produce desirable characters when we know the laws of mentality. All character, good or ill, is built in accordance with psychologic law.

Character, habit, custom—all can be remade—recreated.

* * *

If you don't like your character get plans and specifications for another and set about creating yourself anew. Why not begin today—now? If you want a text book on character-building read the new book by the editor entitled "Auto-Suggestion; What It Is and How to Use it for Health, Happiness and Success." E. E. C.

Tolerance.

ONE thing badly needed in the world is tolerance. In ages past tolerance was unknown and the bodies of independent thinkers fed the inquisitorial flames. Today we don't burn dissenters, but we heap upon the heads all kinds of unkind thoughts and remarks. If you do not believe as I do you are either a hypocrite, an anarchist, a heretic, a crank, a fool, a populist or a know-nothing.

If you do not think as I do you certainly must be illogical, irrational, impractical, incompetent, irrelevant, biased, presumptuous, thickheaded or a numbskull.

There cannot be two ways about it. Of course, not.

Now, the fact is, friend, no one has any monopoly on the granary of truth. You may have a grain of wheat, or a bit of corn, or a wee grass seed, but you haven't the whole cargo by any means.

When you meet with one who is so lacking in good judgment as to disagree with you, please remember this:

That if you could return to this mundane sphere 500 years from now and meet your old opinions face to face you would promptly and emphatically disown them. Suppose the Rev. Dr. Cotton Mather, the noted Puritan minister, teacher and authority, should drop in to-day and suppose you were to say:

"Hello, Cotton; how are you? By the way, what do you think of this letter you wrote in 1681, the original of which is now in the archway of the Massachusetts Historical Society?"

What would Cotton say?

Here is the letter:

"To the Aged and Beloved John Higginson:

"There be now at sea a shipp (for our friend Elias Holcroft of London did advise me by the last packet that it would be some time in August) called the Welcome, which has aboard it a hundred or more of the hereticks and malignants called Quakers, with William Penn the scamp at the head of them. The General Court has accordingly given secret orders to Master Malachi Haxett of the brig Porpoise to waylay said Welcome as near the end of Cod as may be and make captives of the Penn and his ungodly crew, so that the Lord may be glorified and not mocked on the soil of this new country with the heathen worshipp of these people. Much spoil may be made by selling the whole lot to Barbadoes, where slaves fetch good prices in rumme and sugar, and we shall not only do the Lord great service by punishing the wicked, but shall make great gayne [gain], for his ministers and people.

"Yours in the bonds of Christ,

"COTTON MATHER."

Affirmations.

AFFIRMATIONS or resolutions, per se, are useless.

An affirmation to be of value must be an outward expression of an inward determination or change. To say "I am happy, I am strong, I am free" means nothing and will be of no benefit unless you have a realizing sense of the things which produce happiness, health, strength and freedom.

Happiness, strength, freedom, courage and other qualities cannot be called into being by mere lip service. These things must find

root deep in the human will. There must be a strong desire and a strong determination to accomplish the desired object, and there must be sufficient will power to overcome the inertia of indecision and lack of purpose.

A belief in the efficacy of affirmations is quite prevalent in certain quarters, and the belief is productive only of harm. Determine on a certain course of conduct; bend every energy of will to continue as you determined; "resolve to do that which you ought, perform without fail what you resolve," and you will need no affirmations or resolutions.

It is customary at the beginning of every year to make a lot of resolutions. Not one in a million of these New Year's resolutions are ever thought of in thirty days, because there is no real change in the nature of the persons making these resolutions.

The ordinary New Year's resolution is but "the crackling of thorns under the pot." What the world needs is will power—not resolutions. And will power is the rarest quality of mind. We know what we ought to do; we know the proper course of action to take, but we are powerless—absolutely powerless to take one in the right direction. We have never been taught to practice will power, and self-mastery is an unknown word.

We are creatures of habit, appetite, custom, emotion, passions, creeds, dogmas, superstitions and beliefs.

Would you resolve anything for the coming year? Then resolve to be free and do your own thinking; resolve to be master; resolve to be the captain of your soul and the master of your fate; but make not this resolve unless you are determined to adhere to it, for it is far better to make no resolve than to make one lacking the power of will to carry it out.

Every broken resolution becomes a shackle for the feet, a bar to progress.

If you do make affirmations see that they are the outward expression of a deep-set, firm, determined purpose; see that they have their origin in the very well springs of being; see that they reflect the fixed purpose of your soul, and then you may affirm to some purpose.

E. E. C.

What a man knows should find expression in what he does. The value of superior knowledge is chiefly in that it leads to a performing manhood.—*C. N. Bonce.*

How Thought Chained a Woman for Twenty-five Years.

THE following item appeared in the Chicago *Record-Herald* of August 22:

LONG BEDFAST BY SUGGESTION.

HELPLESS 25 YEARS BECAUSE DOCTOR SAID SO—NOW RECOVERING.
(Special to the *Record-Herald*.)

FORT WAYNE, IND., August 21.—Held bedfast for twenty-five years, apparently by the power of suggestion, Miss Ella Conklin, of this city, 30 years old, is learning to walk. At the age of 5 her back was injured by a fall, and the physician in attendance said she never could walk again. She went to bed, and has stayed there since, eating no solid food and hardly moving. Recently, having been taken to a hospital because her stepmother became ill and could care for her no longer, she was examined by a physician, and he could find no reason why the patient should not walk. She now moves about, takes solid food and is gaining strength.

Think how much suffering, sorrow, sickness and misery there are in this world, all caused simply by thinking! Why not learn to think right? Why cannot doctors learn something about the laws of mind so that it would not be possible to condemn a person to a sick bed for twenty-five years?

If every one knew something of the power of thought and used that knowledge for the general good this would be a very good world to live in. We are sick and poor and miserable all because we are ignorant. Sin is only ignorance.

And think how careful a doctor should be before pronouncing his verdict! "She cannot live" has killed hundreds and thousands. "She must remain in bed for weeks, probably months; I doubt if she will be ever able to walk again," has caused untold misery. "She is dead" has caused many to be buried alive.

Some natures accept suggestions very readily, especially when coming from a doctor, who is supposed to be very wise; but if doctors were very wise their patients would never receive any adverse suggestions. A doctor was once watching by the bedside of a man who was supposed to be dying; everything was done to implant in the subconscious mind of the patient the fact that he was dying. Of course, these suggestions were given unwillingly. Suddenly a piano in a nearby apartment poured out a popular song.

The doctor was annoyed, as he thought the noise would injure the dying (?) man. But the patient opened his eyes, drew a deep breath and murmured: "Tee tum, tee dee; tee tum, tee dee; that is my favorite song," and he proceeded to recover and fooled the undertaker. The moral is there.

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"KEEP PEGGING AWAY"

LINCOLN was once asked, what he would do if the rebellion was not put down in three or four years. "Oh, there is no alternative, but to keep pegging away." The secret of all growth, of all success, of all character building, lies in "pegging away"—Nature does not hate drudgery, she works slowly. To make life successful, either on the material, mental or spiritual plane, drudgery is a necessary factor to carry us forward.

Easy, pleasant, speedy results, come to us occasionally as we desire, but we do not grow strong by occasionally putting forth our powers, but it is the faithful day by day doing of our duties, through all distaste, weariness and disappointments, that make us strong. Doing things on time, accurately and carefully, creates fundamentals of character. Spectacular work alone, counts for little.

The warp and woof of strong character, must have woven ingrain all through it, fibers of self control, attention, patience, persistency and self denial. If this result is reached by what you may call drudgery—then let it be sanctified by love of duty well done. There is perfection to be reached in the homeliest task, which is worth striving for, whereby its drudgery and homeliness is forgotten.

Talk of patient toil, Noah Webster worked thirty-six years in making a dictionary; Bancroft worked twenty-five years on a history; Stevenson put in fifteen years of drudgery on a locomotive; Watt labored twenty years to create a condensing engine; Edison labored eighteen to twenty hours a day for seven months on his telephone to reproduce a sibillant sound, on the single word "special," could not get the aspirate "S," the instrument thousands of times only responded "peca," "peca," "peca."—He says it almost drove him mad, before he succeeded.

It is prolonged drudgery that most people hate, yet it makes great men and women. Charles Dickens once said, "My imagination would never have served me as it has, but for the habit of common place, patient, humble, daily toiling, drugging attention." To all of us comes occasionally a feeling of weariness, with what we have to do dally, year in and year out, as it seems an endless round of work in which there is no element of freshness, nothing to invigorate with a sense of newness, of something to be learned. We see no wealth or fame, in the doing of some homely duties, yet the comfort of others depends upon their careful performance.

There is another point of view to this matter, that is of vast consequence to us, in the makeup of a wholesome individuality; if we get well fixed in us, fundamental habits of self control, self reliance, thoroughness, accuracy, patience and persistency of goodness they will stay with us through all the lives we shall live, here or elsewhere; in this I have an abiding faith. There is absolutely nothing in this world of work, that cannot be made of the deepest material and spiritual significance, if so we will.

—L. W. Billingsley.

DEPARTMENT OF PSYCHIC RESEARCH AND PRACTICAL PSYCHOLOGY

By DR. STANLEY L. KREBS, Greensburg, Pa.

MATTER intended for this Department should be addressed to Dr. Krebs, at above address; manuscript cannot be returned; matter accepted cannot be published in any specific issue; persons having had experience in psychic matters are invited to communicate with Dr. Krebs.

THIS DEPARTMENT will be a regular feature of SUGGESTION, and will contain much material never before published. Dr. Krebs is interested with such scientists and investigators as Professor James H. Hyslop, Dr. R. Hodgson, Professor William James, Professor Elmer Gates, etc. He is one of the recognized authorities in this field of research. Correspondents residing in the east may address him at The Laboratory of Psychology, Chevy Chase Circle, Washington, D. C., of which he is a director and where much of his work is done.—Editor SUGGESTION.

Spontaneous Telepathy.

WE ARE ready now to watch human nature at spontaneous activity in some of its deeper and subtler phases. In psychology, as in other sciences, we go right when we carefully observe Nature and humbly learn of her.

We shall see that in some of the commonest events of life this exceptional faculty of telepathy shows itself. I shall commence therefore with presenting a few of the ordinary manifestations of it and proceed to the more striking and extraordinary, and then, by a careful study of both classes, deduce, in a subsequent article, the underlying laws and the rules for experimental telepathy.

In this second class here presented, viz.: the extraordinary, I publish cases that have never been published before, cases that can be added, therefore, to the long list collected by the S. P. R. (Society for Psychic Research) and by other societies and individuals laboring in this field.

ORDINARY CASES.

When wearied with the labors of the day you are seated in your study, office or home, resting, thinking of nothing and of nobody in particular, passive, unoccupied, more or less dreaming—suddenly the thought or vision of a friend comes before the mind; you wonder why at that particular moment you should have thought of that particular friend; you realize that there is no law of association in your preceding reflections to suggest his or her name or personality, no apparent reason or rational ground for thinking of that friend at that minute. But in a moment or two there is a ring at the front

door, and lo! that very friend is ushered in. "Why!" you exclaim, "I've just this minute been thinking of you."

How many of my readers have had this simple experience? I have reasons for asserting that it is far more common and frequent than one might suppose at first glance.

The explanation? Well, coincidence, chance (which are but other expressions for the law of mathematical probabilities) may explain some instances of this kind; the law of the association of ideas may explain still others, but neither of these alone nor both combined can explain all the cases or instances recorded or reported, and how much less, then, the numbers of cases that unquestionably remain unreported?

Ask some mathematician to calculate how many chances there are of A thinking of B at 5 p. m. on a given date, when A knows a great many more friends than B, and is awake a great many more moments than 5 p. m. and on 365 days every year for forty or fifty years of adult life! And then you will see how remote, how strikingly remote, the one chance is.

The telepathic explanation is this: You thought of your friend, (1) because you were passive at the moment, when (2) that friend was enroute to see you, to hunt you out; in other words, when he was focusing his consciousness upon you with at least one emotional accompaniment.

We shall specially take up these general statements or laws later. I simply mention them at this point to suggest that there is infinitely more than mere chance in a simple mental phenomenon, such as that described.

Again, how often, when seated with a congenial friend in social converse, when the conversation dies down and there is a period of silence, suddenly you both begin to speak and say the same words, or utter the same thought, at the same time! I feel sure that many readers have enjoyed this experience. This is an instance of "two hearts beating as one," which is not merely a poetical or sentimental fancy, but a solid, scientific fact! The striking laws underlying so simple and natural an affair as this, which give such wonderful and real joy, will be considered later, in their logical place.

VERGING TOWARD THE EXTRAORDINARY.

I am permitted to quote the following from Mr. W. A. Lippard, of Washington, D. C.:

"I had a sister younger than I. In 1872 we discovered that we could, by concentrating our minds, reach each other mentally. I would say: 'I want to see Gussie,' or she, 'I want to see Will,' when I would become restless and drawn by some invisible power, would go where she was. She would smile and say 'I have been waiting for you.' In comparing notes we found that our thoughts were almost instantaneous. I could wield the same influence over her."

EXTRAORDINARY CASES.

1. *Telepathy in Dreams*.—"One night my mother dreamed that my uncle, Albert, who lived in Chicago, two hundred miles away, was a little boy again, and that he had been hurt. His foot seemed to be swollen, and he suffered intensely. Mother said that she could see herself heating hot water, my grandmother applying hot cloths and a doctor coming in. She felt that they worked over his foot all night. A day or two afterwards she received a letter from my grandmother in which she stated that my uncle had been hurt about eight o'clock in the evening; that his foot was horribly mangled, and that she had worked over him all night, using hot water applications. All night my uncle moaned, and they both had expressed the wish many times that mother had been there to help them."

The above narrative comes from one of the most cultured, talented and esteemed young women of the state of Illinois.

2. *Telepathy in France*.—Mrs. Sara Tyson Rorer gave me some interesting personal reminiscences of Prof. Frank Cushing, of the Smithsonian, with whom she had been acquainted for years. She told of his discoveries among the Zunis, of his wierd initiation as priest of the Bow, which was also long and severe; of his extreme sensitiveness and how criticism depressed him; how he used to fall into trance and "go away," as he, himself, described it; how in this mental state he seemed to be presiding over a Zuni Council, and how he would fall into this trance state involuntarily, though he tried to avoid it, because of the comments of the unsympathetic, and because it weakened him. She said he had a queer trance at her home when a fellow Zuni priest was dying thousands of miles away; that he described it all to her and was perfectly sure of it at the hour the event was transpiring at the other end of the United States.

Space and time seem to be no barriers to the transmission of thought and love.

3. *Telepathy by Waking Impression*.—Will you allow me to give a few of my own personal experiences?

About Christmas 1902 and for two or three weeks thereafter I frequently thought of my old friend, P. B. On Saturday and Sunday the thought of him especially intruded itself, and I spoke of it

to Mrs. Krebs, wondering whether Mr. B. was sick, or what was wrong. I really expected something, though I had not seen him or heard of or from him for over three months. January 12th I received the following letter from his son: "I was home yesterday and write this to tell you of father's illness. He has not been well since Christmas. I know he would enjoy a visit from you." I went to see him at once. He had been thinking of me and wanting me to come ever since Christmas, and yet did not want to directly send for me. In a few days he died.

4. *Telepathy in Dreams.*—I knew of the death of Mrs. L. B. Miller of Reading, Pa., at least three hours before the sad event was announced to me. Between 4 and 6 a. m. I dreamed of it, and at breakfast told Mrs. Krebs that she had passed away. At 9 a. m. came the messenger to inform me of her death, which had occurred at 5 a. m. I had never dreamed of her before.

I might dip more deeply still into my portfolio of spontaneous cases, records and instances. But these few examples must here suffice. I have narratives from some of the best, most earnest, Christian and trustworthy people on earth, people who would have no reason whatever for writing out their peculiar experiences for permanent record, if they were not true, even if they do not understand them.

Add to these the thousands and tens of thousands of cases recorded and preserved in the proceedings and archives of the S. P. R. and other societies, sum it all up and you will then perceive that the voice of Nature on the subject becomes commanding and compelling, her arguments cumulative and insistent, her eagerness apparent, palpable and persistent. She is striving, yearning, longing to get her child—man—to feel the beats of her great, though hidden, heart, where all ultimately may be fused into one—one mind, one heart, one life. Humanity, in the deep hidden realms of consciousness and feeling, sympathy and life, is far more of a vital solidarity than is commonly supposed.

He who knows most grieves most for wasted time.—*Dante.*

. . .

We judge ourselves by what we feel capable of doing; while others judge us by what we have already done.—*Longfellow.*

. . .

If the power to do hard work is not talent it is the best possible substitute for it.—*Garfield.*

New Thought Federation.

[The following report was received too late for the November issue.]

THE convention of the New Thought Federation held in Nevada, Mo., September 25-29, was in many respects the most successful of any meeting ever held by the advocates of this faith.

The Nevada meeting was one of vital importance, for at this meeting were inaugurated new lines of effort, and radical changes were made in the constitution and by-laws for the more expeditious transaction of business.

Perhaps the most important and far-reaching of the acts of the Federation was changing the name from the New Thought Federation to the World New Thought Federation, thus broadening the scope and extending the influence of its thought and work.

Another radical change was the abolishment of fees and dues, substituting therefor free-will offerings. With the increase in membership and the impetus given the work by the large attendance and the practical, helpful and inspiring addresses, it is believed this change in financial management will be most beneficial. The method of election was also changed by the adoption of the referendum system, and the election of officers under the workings of this system at the Nevada meeting proved the wisdom of this change. The following are the officers chosen: President, T. G. Northup, Chicago; vice presidents, Judge H. H. Benson, Kansas City, and Mrs. Grace Brown, Denver; secretary, Ernest Weltmer, Nevada; assistant secretary, A. R. Heath, Chicago; treasurer, Mrs. Chas. H. Besly, Chicago; auditor, Chas. Edgar Prather, Kansas City; board of directors, Henry Harrison Brown, San Francisco; A. P. Barton, Kansas City; C. O. Boring, Chicago; Mrs. Jennie H. Croft, Kansas City; Mrs. Isie Danly Davis, Durango, Col.; Rev. Paul Tyner, Atlanta, Ga., and Prof. S. A. Weltmer, Nevada, Mo.

Hereafter, under the provisions of the revised constitution, the place of holding the annual convention will be decided in open session, instead of being left to the decision of a board of directors. Chicago was decided upon as the place for holding the convention of 1906 and

the date fixed for October 23-26, both inclusive. The Federation officers residing in Chicago were empowered to make all arrangements for this meeting.

Here it may be stated so great was the interest manifested in the Federation and its work by the citizens of Nevada that Col. H. C. Moore, representing the Nevada Commercial Club, and Prof. S. A. Weltmer proffered the Weltmer Institute as permanent meeting place of the Federation. This plan was discussed freely, but the consensus of opinion was opposed to holding the annual meeting in any one place consecutively. Prof. Weltmer thereupon withdrew his offer and Chicago was unanimously chosen for the meeting of 1906.

Secretary Ernest Weltmer is busily engaged in the work of preparing the proceedings of the convention for publication, and it is hoped to have these ready for distribution in the near future. Mr. Weltmer is also preparing a little brochure of information for New Thought people, which will be furnished all the members of the Federation.

This new year in the life of the Federation begins under most favorable and favoring auspices. The infusion of new life into the membership body has given an impetus to more aggressively active work on the part of each. The officers chosen are broadminded men and women, keenly conscious of the far-reaching importance of the work in which they are engaged and, what is of equal, if not greater, import, officers and members work together harmoniously.

Wisdom is oftentimes nearer when we stoop than when we soar.—
Wordsworth.

* * *

Tender handed stroke the nettle and it stings you for your pains;

* * *

Grasp it like a man of mettle and it soft as silk remains.—*A. Hill.*

* * *

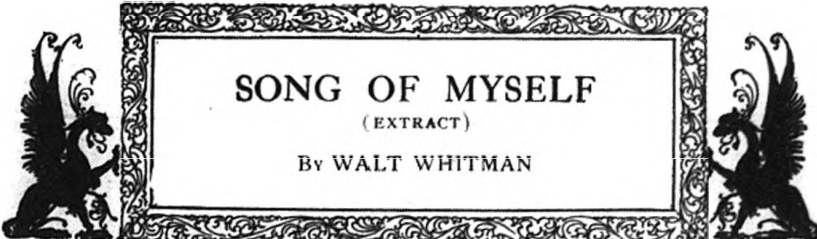
Labor to keep alive in your breast that little spark of celestial fire called conscience.—*Washington.*

* * *

Conscience in the soul is the root of all true courage. If a man would learn to be brave let him learn to obey his conscience.—*J. F. Clarke.*

* * *

Knowledge is the hill which few may hope to climb;



SONG OF MYSELF

(EXTRACT)

By WALT WHITMAN



KNOW I am solid and sound.

* * *

To me the converging objects of the universe
perpetually flow.

* * *

All are written to me, and I must get what the
writing means.

* * *

I know I am deathless.

* * *

I know that this orbit of mine cannot be swept by a carpenter's
compass.

* * *

I know I shall not pass like a child's carlacue cut with a burnt
stick at night.

* * *

I know I am an august.

* * *

I do not trouble my spirit to vindicate itself or be understood.

* * *

I see that the elementary laws never apologize.

I reckon I behave no prouder than the level I plant my house by.

* * *

I exist as I am, that is enough.

If no other in the world be aware I sit content.

* * *

One world is aware and by far the largest to me, and that is myself.

* * *

And whether I come to my own today or in ten thousand or in
ten million years,

I can cheerfully take it now, or with equal cheerfulness I can wait.

* * *

My foothold is tenon'd and mortised in granite,

I laugh at what you call dissolution,

And I know the amplitude of time.

== PRACTICAL HYGIENE ==

By ALICE M. LONG

Author of "My Lady Beautiful."—u & l c nonp

FRESH AIR.

DON'T breathe the night air!" This silly admonition has come from such high places and has been so often repeated that thousands of persons have been led to believe that it is possible to obey the injunction. Show me a place after the day is gone where there is absolutely *no* night air and I will show you a place where you will have little time to prepare for crossing the mysterious river. It is absurd to think that *all* night air may be shut out of any particular place and there will still remain sufficient oxygen to maintain life. If you *don't breathe night air* what will you breathe?

It is this nonsensical night air idea that is causing thousands and thousands of persons to *breathe second-hand air*, air tainted with tobacco and laden with the foul exhalations of diseased lungs and bodies. Is it any wonder, then, that those who run from night air as if it were a "spook," who employ all available methods to prevent it from creeping under the door, filtering in through the tiny crevices about the windows or slipping through the keyhole, and who consider it a dread enemy in their sleeping rooms, should awaken in the morning feeling as if they had two heads, or no head at all, with a horrible taste in the mouth, trembling hands and knees, dull eyes, little or no appetite and perhaps all the symptoms of a cold?

Who of you would not rebel if someone were to attach a rubber tube to your nostrils and compel the breath of another to be forced into your lungs? It is not a very pleasing thing to contemplate, to be sure; but are you not, many of you, willingly submitting to something nearly as disagreeable when you remain in a poorly ventilated room, whether alone or with others?

Our wretchedly ventilated churches, theaters and public lecture and music halls reek with poisonous exhalations, which not only irritate and inflame the air passages and weaken the lungs, but this condition is responsible for innumerable serious abnormal states which are attributed to other and innocent causes. If more of God's night

air were admitted to houses of worship and more attention were given to the gospel of health, spiritual teachers would doubtless find it vastly easier to lead wandering souls Christward.

Were school rooms constantly freshened with the air so abundantly provided for our needs there would be fewer nervous, irritable and wornout teachers and more bright, clear-eyed, clear-brained, strong-bodied, happy pupils.

Fresh air in the homes, both day and night, summer and winter, with the knowledge and practice of correct breathing and the partaking in sufficient quantities of wholesome food and pure water, would transform many a sickly, irritable family into a bright, healthy, happy household. I will go still further and say that sunshiny and airy business houses and offices would reduce defalcations and embezzlements to a minimum.

Unnatural darkness breeds disorder and disease of mind, body and spirit and fathers desperate deeds, while air and sunlight produce hope, health, cheer and morality. Let us then be ordained of the Giver of all life to preach and live the greatest of all gospels, the gospel of health.

THE PASSING YEAR.

WRITTEN FOR SUGGESTION.

THE light from yonder hut burns low
Across a frozen path. The night-
Wind drives a blinding drift of snow,
To shroud the year in funeral white.

The dying year puts on a crown
Of tender thoughts for you and me.
Behold! It lays its burdens down,
To prove all end is memory.

—Amy Nickerson.

A profound conviction raises a man above the feeling of ridicule.
—J. Stuart Mill.

. . .

No one who cannot master himself is worthy to rule.—Goethe.

. . .

Glory should follow, not be pursued.—Pliny, Jr.

NATURE CURE

NATIONAL FRATERNAL SANITARIUM.

A dispatch in the *Chicago Record-Herald* of recent date states that "Fraternal City," N. M., the future location of the national fraternal sanitarium for consumptives, was founded in St. Louis by the officers of the fraternal organizations which have undertaken the work. The formal announcement of the new city, which will be located six miles west of Las Vegas, was made at a banquet at the Planters' Hotel, at which were present: Governor Folk, Mayor Wells, Archbishop J. J. Glennon, Surgeon General Walter A. Wyman, U. S. A., and other dignitaries of church, state and fraternalism.

BIG EFFORTS ARE MADE.

A gift of \$1,000,000 in property was announced. It includes the Montezuma Hotel, a smaller hotel, and dairy farm, a hospital and 1,100 acres of land presented to the sanitarium by the Atchison, Topeka & Santa Fe railroad. The city of Las Vegas donated 10,000 acres of the most fertile land in New Mexico, and by next fall, when "Fraternal City" will be formally dedicated, accommodations will be ready for 5,000 sufferers, be they rich or poor, regardless of creed. Patients will be supported by per capita contributions made by the great fraternal societies.

The formal papers closing the gift of the Santa Fe were signed by W. B. Janson, acting president of the Atchison, Topeka & Santa Fe, of Chicago; William R. Eidson, president of the sanitarium, and Secretary Charles Hatfield and F. H. Pierce of Las Vegas, Messrs. Eidson and Hatfield, representing the Associated Fraternities of America, which will have charge of the sanitarium.

PLANS OF TENT CITY.

Colonel F. H. Buzzacott, U. S. A., of Chicago, will lay out a tent city for the accommodation of consumptives. These tents are to be erected at various altitudes, such as will suit the case of the patient.

The government of the place has been vested in a board of directors, consisting of W. R. Eidson, St. Louis, chairman; August Schafflay, St. Louis; H. A. Warner, Topeka, Kan.; M. P. Moody, St. Louis; Dr. W. H. Mayfield and C. F. Hatfield, both of St. Louis.

The sanitarium now includes fifteen square miles of cultivated land at an average elevation of 6,000 feet. In the center of the tract is the Montezuma hotel, erected by the Santa Fe road at a cost of \$500,000.

LAS VEGAS PLEASED.

[Special to the *Record-Herald*.]

LAS VEGAS, N. M.—The definite announcement received in Las Vegas that "Fraternal City" had been established here was received with the greatest enthusiasm. The big reservation around the Montezuma hotel is heavily timbered, a stream of pure water runs through and the famous highway termed by Good-Roads Commissioner Abbott the finest mountain road in the United States runs through the reservation, which is reached by trolley from this city. The big hotel will be operated as such, the patients being scattered on the pavilion plan in tents and cottages over the reservation. Work is to begin at once preparing accommodations for 5,000 patients. The location committee visited sixteen towns in New Mexico before determining on a choice.

DRUGLESS HEALING.—Remember, Dr. Pitzer furnishes Free Booklets explaining how he cures people suffering from all kinds of diseases, and how he corrects bad habits, all by Suggestion alone and without medicines; and when they cannot come, how they may be cured at their homes. All sick people, or those suffering from habits of any kind, no matter how hopeless the case may seem, should read these booklets, for these methods frequently cure after all others have failed. Sent free to everybody. See advertisement in this magazine.

Advanced Thought

PASSING OF OLD BELIEFS.

Some time ago an eminent English scientist, after a series of remarkable experiments with radium, announced his conviction that the line of investigation opened up by this mysterious substance might make it necessary to abandon the accepted theory upon which modern chemistry rests. The indivisibility and intransmutability of the elements, he intimated, might yet be brought into question. Following his announcement, Professor Darwin, of Cambridge, son of the great Darwin, has made an equally surprising statement. He is not at all certain that biologists in looking for a continuous transformation of species are making a mistake, as they should expect rather to find slight continuous changes, leading, after a great lapse of time, to sudden transformations. Altogether, he is inclined to think the evolution of life still a secret.

To have two such cherished traditions as the atomic theory and the theory of evolution brought into question in the space of a few months would be in itself enough to disconcert the non-scientific persons who meekly follow in the paths of knowledge as blazed for them by the professors; but these theories, it seems, are not the only ones to suffer. Two University of Chicago professors have now assailed the nebular hypothesis, offering a new explanation of the manner in which the solar system was born. Simultaneously a Dutch astronomer comes forward to explain that the milky way is not what it has seemed, but something quite different, resulting from the movement of great streams of stars. Meantime, several other professors are altering our views regarding planetary satellites. Others are evolving new theories as to the nature of matter. At least two biologists are at work demonstrating the possibility of artificially producing life, and wizard Burbank is showing that plants may be made to grow in defiance of the laws of botany.

All these things may be a little puzzling to the non-professional reader, but the wise will not be perturbed. The scientific proceedings should be considered encouraging rather than otherwise. The old ideas served their purpose, but if they were wrong they will have to go—the sooner the better. Let truth prevail even if the nebular hypothesis, evolution, and the law of gravitation itself have to be laid on the shelf. The doubts and questionings of the savants merely show that they are busy and probably making progress.—*Editorial in Chicago Daily News.*

PROFESSOR A. P. MATTHEWS, of the Chicago University, thinks, and with the best of scientific reasons, that the human body might be made practically immortal—that is, might live for many centuries, if possible accidents were escaped. He makes the general and important statement that death does not necessarily and immediately follow the cessation of action by the heart and lungs. He claims that life depends on chemical reaction in the cells, and that under proper conditions this reaction may continue indefinitely.

We call the special attention of all *Beacon* readers to this subject. The burial of persons before life is extinct is more frequent than is generally supposed.

No human body should be embalmed, or frozen in ice, or buried, until decomposition has unmistakably begun—this is the only certain test of death.

When a friend "dies" do not run at once for an undertaker and hastily begin preparations for the funeral, but gently place the body in a comfortable position and watch and wait. If it is really dead there should be no haste in putting the body forever from the sight of family and friends, and if it is not dead, nature will have a chance, and the reactions going on in some part of the organism will or may spread to other parts and rekindle the visible flame of life.—*Ingersoll Memorial Beacon.*

BUSINESS PSYCHOLOGY

EDITED BY PROF. P. J. MAHON, FACULTY SHELDON SCHOOL
CHICAGO

THIS DEPARTMENT is devoted to the application of the principles of Psychology to the practical affairs of business; it will be especially valuable to young men and women entering upon a business career; stenographers, clerks, salesmen, managers, merchants, etc., will find here timely articles on the science of business salesmanship. All communications and questions for this department should be addressed to the editor, Prof. Mahon, 1002 Republic Building, Chicago.

HARRY'S TRAILER.

BY P. J. MAHON.

T Harry's desk one day,

I had the nerve to say—

Altho' he is a cyclone as his nearest friends allow—

"The task you have in hand,

I'm led to understand,

Is urgent, so I guess your plan will be to *do it now*"

He hurried none the more,

And I felt rather sore,

To see him work so stolidly with calm upon his brow;

Until I cried with flame,

"It's just an all-fired shame

That youngsters will not heed the noble maxim, '*do it now.*'"

On this he raised his eyes,

As if in sad surprise,

And blandly said, "I wonder you psychologists' delight

In bob-tail sense like that,

When I can tell you flat,

The meat is in the trailer, *Do it now*, but DO IT RIGHT!"

The Talisman of Success.

A VERY true business man is "out" for success. The chief care of his life is to have his enterprise grow and prosper. Whatever be the other conditions, this result must hinge on his own effort—which is another way of saying on his own mind. The mind is the cradle of the faculties and forces by which men do things. It is the real man, the monarch of all action and all achievement.

This being true it is up to the business worker to look into his mind and see what it offers him for the battle of success. Here he has an armory of mighty weapons, intellectual and spiritual. Which shall he choose? Which is the most trusty? Which is the force or quality that will cover most ground for him, meet the most varied emergencies, and bear him along to victory with the greatest certainty? Surely this is a vital and practical question.

We need not go far for the answer and yet it may sound strange to the average business man. Some of the Gradgrinds may even be tempted to scoff at it. Never mind that. It is a truth sung by a poet two thousand years ago. It is just as true today, and as true of success in business as of all other conquests in life. The poet stated it simply, "Love conquereth all things," and his phrase has become a maxim in every tribe and tongue. Is it not also virtually the same which the Founder of Christianity gave to his disciples as the "great commandment"?

Love is the talisman of success. It is easy to show and prove it. If you only think of yourself as a true business man, then you must love your business calling. This doing, you will also love its work, its cares, its associations. You will strive hard to fit yourself for all its requirements. Never will the time seem wasted that you give to it. You will meet all its demands with good temper, with energy, with manly enthusiasm. You will even find your pleasure in it. What is it but joy to any man to be doing the work he loves? Besides that, you will also love the training, study or other effort that tends to advance you in it. You will be pleased with nothing short of excellence. And have you not here a whole cluster of qualities, all rooted in love, that are just the very kind to command success?

Love for your fellowman is another great factor in business success, though it should certainly spring from deeper and more spiritual motives. As an employer you should love your workers; as a worker you should love your employers and your working mates. Here we have distinct pledges of loyalty and zealous service on the one side and of justice, helpfulness and all-round harmony that are sure to bring victory to any enterprise. If you extend the sentiment to your customers, even to your business rivals, so that all who know you may fully rely on your honor, courtesy and fairness, then are you planting your business on the very rock of prosperity. The man whose love is broadest, whose sympathies and active kindness are ever wakeful, is beyond all doubt the best business getter and business builder. He is a conqueror.



Thought Power



IN THIS department from time to time will be given well-certified instances of the effects of suggestion in producing health or disease. The mind can influence the body for good or ill, and the far reaching effects of psychic force are marvelous to those who have not studied the Law of Suggestion. Short articles, communications or clippings are solicited for this department.

[Fear of Operation Kills Man.

Fright over an operation which he was about to undergo is believed to have caused the death of Andrew Peebles, 57 years old, 1427 West Taylor street, in the Grace Hospital yesterday. While the physicians were preparing their instruments and the operating table the patient died suddenly, supposedly from heart disease. It is believed his fright was responsible for the paralysis of the heart. Peebles had been in the hospital receiving treatment for a disease of the throat.—*From a Chicago Paper, October, 1905.*

Venomous Emotions.

Anger, fear, anxiety are among the emotions or sentiments which literally poison our blood. It has often been said that evil thoughts are poisonous, the meaning being that they corrupt other people, but the real fact is that they poison our own blood, says a recent writer in the *New York News*.

By losing control of ourselves and indulging in anger, by yielding to anxiety, fear and unwholesome thoughts, we cause an irritation or disturbance which, according to the latest sayings of scientists, has the effect of producing a poison in the blood that may have serious consequences.

Naturalists declare that the venom of snakes is generated by anger and fear; that it is rapidly collected in a special receptacle and thence discharged at the object of its anger or fear, and it is further explained that the same process takes place in the human body, but that we have no special organ to receive it, and it, therefore, disperses in the blood, acting against ourselves instead of for our protection. Be that as it may, it is generally conceded that we are literally poisoned by the emotions mentioned, and by any sentiment or passion which upsets the smooth working of our minds.

Contributors' Department

Matter for this department should be short and terse. Don't waste words. Don't send long communications. Brevity is the key. Open to all.—EDITOR SUGGESTION.

DORVIN DUDECK, Oregon, Mo.: It is generally admitted that outside influences like the song of a bird, the lovely autumn breeze, the sound of a cataract or the golden sunlight are suggestions and create in us different moods or feelings. Now what are these things—light, sound and sensation—but different manifestations of force? Force then, as the ultimate of ultimates that science knows anything about, is the thing that deserves further analysis. How is force related to intelligence? Is not our spiritual unfoldment carried on through the avenue of the senses?

Now what is this thing that we call the "will?" Well, I deny it being a causeless independent energy. It is an aggregate of forces; will has its origin in desire. If I say I will go to town today, my will or desire to go, is intense in proportion to the necessity of going. Now the cause for going to town, (to meet a friend perhaps) is an influence or force that created the desire or will.

* * *

WILSON R. GAY, Seattle, Washington:

"Talk all you may, think all you will; but look about you and you'll find this truth to prevail: 'Man weaves the halter that hangs him, digs the grave that buries him, or constructs the ladder that saves him.'"

* * *

A. J. HARDER, Editor *The Hub*, Paha, Washington:

"Don't if, Do."

"Think, and know why."

* * *

I. E. L. Hills, Box 176 Erie, Pa., sends this clipping:

In the course of our lives there must be many times when thoughtless words are spoken by us which wound the hearts of others, and there are also many little occasions when the word of cheer is needed from us and we are silent.

There are lives of wearisome monotony which a word of kindness can relieve. There is suffering which words of sympathy can make more endurable, and often even to the midst of wealth and luxury there are those who listen and long in vain for some expression of disinterested kindness.

Speak to those while they can hear and be helped by you, for the day may come when all our expressions of love and appreciation may be unheard. Imagine yourself standing beside their last resting place. Think of the things you could have said of them and to them while they were yet living. Then go and tell them now.

* * *

MRS. ANNA HARRISON HIGGINSON, Monson Mass.: The most successful people are those who early determine to do the best they can in life and leave results to God.

* * *

MISS CLARA LUXHEIM, 464 Belden Ave., Chicago, Ill. There is no true love without confidence. There is a wide sea between kindness and generosity. A wound inflicted by the sting of an unkind word cannot be soothed with a balsam of gifts. Failures are the result of lack of forethought.

* * *

C. J. MULLER, M. D., C. E., Oakland: Happiness: The ground aim of all souls is toward perfection; but perfection is achieved only by complete cultivation of all our faculties for the services of our fellows.

Experiences

Was [This Prophecy?

Editor SUGGESTION:—

On page 489 of the September number of your magazine I read this: "What Killed Senator Hanna?" It will be remembered that Mr. Hanna died on Monday, in January of last year—I do not recall the day of the month. The Monday before that death, I was in the office of John A. Stover, at the north end of Troy, N. Y., over the People's Bank—there were present Mr. Stover, Mr. Daniel Shaw, and several other frequenters of Mr. Stover's office; the morning papers reported Mr. Hanna as much improved, and said that his family was not to be called to his bedside. Mr. Calvin E. Keach, a lawyer, was there, and Mr. Stover asked him what he thought of the condition, and Mr. Keach said:

"Mark Hanna will be dead one week from today."

He further said his death would strike him on Sunday, which it did. Then some one said well, "You have predicted so many things that have come true, what do you say about the condition of our friend, Jud Golden?" (who was not expected to live the day out). Mr. Keach said: "He will die on Sunday next." This also was true. Then Mr. Stover said: "I am particularly interested to know about my old-time friend, Mr. Snyder, the druggist—they say he cannot live but a few days at best;" whereupon Mr. Keach immediately said: "Mr. Snyder will live until the grass is high on the eastern hills beyond here." This also came true. Mr. Stover said: "Now, don't predict any more deaths, for I fear your predictions." Mr. Keach then replied: "The oldest man here will not die first, but one of us will pass out within eighteen months." The oldest man there still lives, and Mr. Stover died within the eighteen months. All this can be fully verified by at least four living people who were there. Their names will be given to any one interested, but they do not care to have them made public here. It must be said that Mr. Keach is not a clairvoyant, a spiritualist, or soothsayer. Can any of your prognostic readers explain this?—K. E. C.

PSYCHOLOGY OF CHILDHOOD

Be Careful of a Child's Heart.

By BEATRICE FAIRFAX.

NEXT door to me there lives a little girl.

She is, I should say, nine years of age, and quite the most forlorn, unhappy little mortal I have ever seen.

Her mother is a handsome young woman, who thinks far more of her fine clothes than she does of her little daughter.

The child spends her entire time with her nurse, and that is where the dreadful part comes in.

The woman is so unkind to the poor little thing that it would make your heart ache.

She thinks nothing of shaking her, slapping her and telling her to "shut up" and to "mind your own business."

The natural result is that the child answers back in the same way, and her nature is fast becoming ruined.

Yesterday the nurse was unusually cruel, and the child wept bitterly.

"I'll tell mother!" she sobbed. "I just can't stand it any longer."

"Pooh!" answered the nurse. "She won't care. She doesn't care what becomes of you."

Poor little hurt, sorrowful child, how I longed to comfort her! What sort of a woman will she grow up to be?

How could she be healthy and normal, either mentally or physically, in such an atmosphere?

The little plastic mind is receiving impressions that it will never forget.

All the ugly, seamy side of life is being brought forcibly to her notice.

It is a dreadful thing to be harsh toward a child or to force it into association with any one who will ill-treat it.

That mother is doing an incalculable wrong to her child in neglecting her and leaving her to the care of an ignorant and cruel nurse.

She has brought this little creature into the world, and she is responsible for its well-being.

Infinite patience is required in dealing with children, but we have all been children ourselves, and somebody had to be patient with us.

And if we suffered from impatience, all the more reason why we should see that other children do not suffer likewise.

Remember that childish heartaches are very keen while they last. Striking a child should be a criminal offense.

Serious permanent injury may result from a blow or a push.

Firmness and gentleness will do much more toward making a child obedient than harshness and impatience.

A nurse is absolutely responsible for the child intrusted to her care.

She can make it love and trust her or dislike and fear her.

It is necessary that it should obey her, but it is also necessary that the obedience should not come from fear.

The woman who is unkind to a child is unworthy the name of woman.

It is to be hoped that the nurse of whom I write will never have children of her own. She is not fit to be a mother.

And the mother who is neglecting her child is even more to blame than the nurse.

She is an unnatural woman and mother.

While her little child sobs her heart out in loneliness and fear the mother amuses herself.

It is a pitiful sight, the worldly, heartless mother and the lonely, heartbroken child.—*Chicago American*.

JOHN E. RYER, Seattle, Wash.: Life is a connection of consciousness. Every question of human life is a problem of some one of the seven sense organisms. Every question of religion, of literature, or of thought is a problem of the telepathic sense. Every question of fragrance is a problem of the sense of smell. Every question of art or color is a problem of sight. Every question of music is a problem of hearing. Every question of food and drink is a problem of the taste sense. Every question of heat or cold is a problem of the sense of touch. And every question of progeny is a problem of the gender sense.

These form a scientific groundwork for a rational study of all the interests of humanity; and with the primal factors of the universe—the primal substance, primal consciousness, and the primal laws of motion, we have for the first time a working hypothesis for a true synthetic philosophy.

DO IT NOW!

DOES the task seem hard and long—
Opposition looming strong?
Turn your sighing into song—
DO IT NOW!

Duty slighted, left undone,
Ere the setting of the sun,
Weighs—in heartache—many a ton—
DO IT NOW!

Hardships conquered—ah! 'tis true!
Open vistas, fair and new—
Bright Achievement's land in view—
DO IT NOW!

Like Aladdin's lamp, of old,
"DO IT NOW!" will bring you gold—
'Tis the slogan of the bold—
DO IT NOW!

—Ernest Neal Lyon.

HUMANITY.

From Nebulous Matter to Free Society according to Keppler, Newton, Spencer, Darwin, Heckel, Morris, Whitman, Materlink, Thoreau, Kropotkin and Carpenter.

CHILD of Eternity, gradually formed along with other bodies, out of the cosmic mists.

Gaining in CONSCIOUSNESS, it evolved many silly interpretations, explanations, systems.

Gaining in KNOWLEDGE, it saw the follies its egoism had created.

Gaining WISDOM, we come to know that our business here is to live sweetly, work willingly and perpetuate our kind, the same as the grass, the fish and the birds.

Gaining ADAPTABILITY, we will one day discard our present complexity of existence and return to simple Nature with knowledge and happiness plus.

SERCOMBE.

DIRECTORY OF Advanced Thought, Hygienic and Reform Publications

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THE THEOSOPHIC GLEANER; Edited by *Rahman P. Wadia*, Bombay, India.

THE LIBERATOR; a monthly magazine devoted (1) to Freedom from Medical Superstition and Tyranny and (2) to Realization of the Ideal; \$1.00 a year. *Lora C. Little*, editor; Minneapolis, Minn.

PRACTICAL IDEAS; a monthly magazine devoted to practical application of the doctrines of the New Thought; \$1.00 per year; *Dr. I. W. Winkley*, editor; 30 Huntington Ave., Boston, Mass.

THE OCCIDENT, devoted "to the study of soul growth through self-development effected by the intelligent application of the higher laws." Monthly; 4 large pages; 50 cents a year; *Miss L. Frances Estes*, Editor; 124 Highland street, Brockton, Mass.

THE BUSINESS PHILOSOPHER; devoted "to the principles determining the evolution of success," showing how thought force may be used in business matters; a psychological publication for business men and women; monthly; \$1.00 per year; The Science Press, Republic Building, Chicago.

THE SCOTTISH HEALTH REFORMER AND ADVOCATE OF RATIONAL LIVING; devoted to nature cure, vegetarianism and reform in all matters relating to health, diet and hygiene; monthly; six shillings per year, postpaid; Paisley, Scotland.

THE NEW CRUSADE; the reformation of dress is one of the most important objects of *The New Crusade*, which is an endeavor to find a cure for the degrading materialism of the present day in a return to that simplicity of life and thought which is characteristic of all primal and national vigor; ———; ——— pp.; ——— per year; 8 Queens Road, Bayswater, West Central, London, England.

PRIMITIVE OCCULT JOURNAL, devoted "to the wonderful possibilities of the Human Family and the Godly powers within all"; monthly; 20 pp.; \$1.00 per year; Editor, *Dr. A. B. Hamel*, Helena, Montana.

THE OCCULT REVIEW, a monthly magazine devoted to the investigation of supernormal phenomena and the study of psychological problems; ———; ——— per year; Editor, *Ralph Shirley*, 164 Aldersgate street, London, E. C., England.

THE MAZDAZNAN, "a magazine of modern thought for Mental and Physical improvement; monthly; \$1.00 per year; Otoman Zar-Adusht-Hanish, Chicago, Ill.

THE OCCIDENTAL MYSTIC, a monthly periodical of advanced thought; devoted to occultism, spiritualism, osteopathy, palmistry, suggestion and new thought; \$1.00 per year; *Arthur S. Howe*, 6 Cottage Row, San Francisco.

Now: the world's new thought journal; a journal of affirmation; devoted to soul culture, art of living, psychometry, inspiration, spiritual healing, mental science and suggestion; its basic affirmation is: Man is spirit here and now, with all the possibilities of divinity within him and he can conscientiously manifest these possibilities HERE and NOW; *Henry Harrison Brown*, editor; \$1.00 per year; 150 Steiner St., San Francisco, Calif.

INGERSOLL MEMORIAL BEACON; monthly; a non-partizan monthly devoted to Science, Free Thought, Rational Right-Doing, and to Good Government of, for and by the People. 50 cents per year; Motto: Let everybody be reasonable. *Ingersoll Beacon Co.*, Chicago.

THE METAPHYSICAL MAGAZINE; quarterly; devoted to science, psychology, philosophy, metaphysics and occult subjects; \$1.00 per year; *Leander Edmund Whipple*, Editor, 500 Fifth Ave., N. Y.

TOMORROW: a monthly handbook of the changing order for progressive people; advocates social, industrial and economic reform through co-operative societies; \$1.00 per year. *Parker H. Sercombe*, Editor, 2238 Calumet Ave., Chicago, Ill.

LUCIFER; a semi-monthly reform magazine of advanced thought; devoted to the emancipation of women; opposes the enslavement of womanhood and motherhood; \$1.00 per year; edited by *Moses Harmon*, 500 Fulton street, Chicago, Ill.

HUMAN CULTURE; discusses phrenology, character reading, laws of conjugal selections, heredity, child culture, and vitality; devoted to human nature, human science, human culture, health, progress, success, and happiness; *Mrs. Emily H. Vaught*, Editor and publisher; monthly; \$1.00 per year; 130 Dearborn street, Chicago.

HUMAN NATURE; a monthly journal devoted to the practical application of phrenological principles to the everyday affairs of life; 50 cents per year. *Professor Allen Haddock*, Editor, 1020 Market street, San Francisco, Calif.

THE ORACLE; exponent of West Gate Philosophy; 50 cents per year; 8 pp.; monthly; *Charles H. Mackay*, Editor; Brighton, Me.

MEDICAL TALK FOR THE HOME; monthly; advocates common sense methods of cure, friendly to all forms of natural and drugless healing, although advocating the use of drugs and proprietary medicines to some extent; opposes medical laws, vaccination, serums, etc. *Dr. C. S. Carr*, Editor; *Miss Evelyn Pickens*, Ass. Ed., 100 pp.; \$1.00 per year; Columbus, O.

THE ARYA; A monthly magazine and review devoted to Aryan Religion, Science, Philosophy, Literature, and Current Topics; 7 shillings per year; The Arya Press, 296 Tambu Chetti St., Madras, India.

THE BALANCE; monthly; 32 pp.; for thinkers and students of advanced thought, and occult sciences; 1700 Wilton St., Denver, Colo.

SOUNDVIEW; devoted to the obstetrics of thought and the philosophy of existence; *Will E. Rader*, Editor; \$1.00 per year; published by the Society of Evergreens, Olalla, Wash.

HERBERT'S MAGAZINE; edited by *Ewing Herbert*; printed for those who live now; fifty cents per year; Hiawatha, Kansas.

FELLOWSHIP; 434 South Hill street, Los Angeles, Calif. The organ of The Los Angeles Fellowship, an association for the encouragement of trustful and unselfish living, of which Benjamin Fay Mills and Mary Russell Mills are the ministers. Fifty cents a year. Single copies, 10 cents.

MIND; a quarterly review of theoretical psychology and philosophy; 12 shillings yearly; edited by *G. F. Stout*, 14 Henrietta St., Covent Garden, London, England.

THE MONIST; a quarterly devoted to the Philosophy of Science; editor, *Dr. Paul Carus*; 160 pages; \$2.00 per year; *Open Court Publishing Co.*, 1322 Wabash Ave., Chicago.

THEOSOPHICAL REVIEW; founded by H. P. Blavatsky in 1887; devoted to Theosophy and allied subjects; edited by *Annie Besant* and *G. R. S. Mead*; Chicago, 26 Van Buren St., London, 161 New Bond St., W.

THE THEOSOPHIST; a magazine of oriental philosophy, art, literature, and occultism; conducted by H. S. Olcott; \$5.00 per year; *Adyar P. O.*, Madras, India.

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INSPIRATION, a magazine of information, inspiration and exhortation; monthly; 30 pp.; 50 cents per year; Editor, *B. F. Williams*, Des Moines, Ia.

THE ADEPT; devoted to astrology, evolution, monism; monthly; 16 pp.; 50 cents per year; *Frederick White*, editor, Markville, Minn.

THE OPEN ROAD, a magazine for those who believe in out-door life; 32 pp.; 50 cents per year; *Charles Wisner Barrell*, editor, 137 Grant Ave., Jersey City, N. J.

THE LIFE; devoted to Christian Metaphysics; monthly; 48 pp.; \$1.00 per year; *C. J. Barton*, editor, Kansas City, Mo.

VACCINATION; issued monthly for the Anti-Vaccination Society of America; 50 cents per year; *Frank D. Blue*, editor, Kokomo, Indiana.

THE MYSTIC MAGAZINE, published monthly by the Mystic Publishing Company at Framingham, Mass., under the direction of the Eternal and Universal Brotherhood of Mystic; price 10 cents per year; edited by *Ananda*.

THE AMERICAN JOURNAL OF PROGRESSIVE THERAPEUTICS (formerly *The American X-Ray Journal*); this journal has departments for electrical science, X-Ray photography, Electro-therapy, radio-therapy, thermo-therapy, hydro-therapy, mechano-therapy, and psycho-therapy (suggestion).

SUGGESTION, a monthly magazine of the New Psychology for thinkers devoted to Psychic Research, Auto-Suggestion, drugless healing, personal magnetism, advanced thought, health, happiness and success; \$1.00 per year; foreign, 6 shillings; *Herbert A. Parkyn, M. D.*, editor, 4020 Drexel Boulevard, Chicago.

EXPRESSION; a Journal of Mind and Thought; monthly; \$1.58 per year; edited by *Alma Gillen*, 147 High St., Kensington, W., England.

THOUGHTS NEW AND OLD; quarterly; devoted to science and philosophy of life; the law of financial success and modern methods of mental medicine, etc.; 25 cents per year; edited by *Edward H. Cowles, Ps.D.*, Santa Cruz, Calif.

THE NEW THOUGHT JOURNAL AND OCCULT REVIEW; a magazine devoted to practical idealism and the study of nature's finer forces; monthly; 16 pages; \$1.00 per year; edited by *Geo. H. Bratley, F. T. S.* Published by the Talisman Publishing Co., 52b. Station Parade, Harrogate, Yorks, England.

THE HEALTHY HOME; a journal of common sense medicine, Athol, Mass.; monthly; 50 cents per year; *W. H. Brock & Co.*, Publishers, Athol, Mass.

BEAUTY AND HEALTH; a monthly magazine for women, devoted to physical culture, health and dress reform, natural foods and sociological questions, etc.; edited by *Bernarr Macfadden*; 50 cents per year; Spotswood P. O., N. J.

A STUFFED CLUB; a monthly magazine advocating freedom from medical and ecclesiastical rules; devoted to reform in diet and therapeutic methods; advocates a drugless system of cure, based on proper diet. *Dr. H. J. Tilden*, editor; \$1.00 per year; Denver, Colo.

THE PHILISTINE; a periodical of protest and progress; an exponent of reform in thought, religion, education and the ideals of life; for those who are not afraid; edited by *Elbert Hubbard*. Price \$1.00 per year, and worth it; East Aurora, N. Y.

THE CHIROPRACTOR; a monthly journal devoted to the interests of Chiropractic. Published by The Palmer School of Chiropractic, Davenport, Iowa, U.S.A. *Dr. D. D. Palmer*, discoverer and developer of Chiropractic, editor. Subscription, 50 cents a year. (See page "ad" in magazine section.)

GOOD HEALTH CLINIC; monthly; advocates rational hygiene; is opposed to drug medication; official organ of the International Health League; *E. Elmer Keeler, M.D.*, editor; 50 cents per year; Syracuse, N. Y.

THE NEW WAY; a New Thought magazine devoted to the unfolding of the higher life; "it is the purpose of this magazine to give its readers the best expressions of the broadest and most instructive messages of truth upon vital, definite and special theories"; monthly; \$1.00 per year; 1107 E street, Northwest, Washington, D. C.

THE HARBINGER OF LIGHT; monthly; devoted to zoistic science, free-thought, spiritualism and the harmonial philosophy; \$1.50 per year; Melbourne, Australia.

THE VEGETARIAN MAGAZINE; monthly; an illustrated magazine of better living—an authority on foods, their selection and preparation—discountenances the use of flesh, fish, and fowl for food—upholds the right of life for the whole sentient world—advocates justice, humanitarianism, purity, hygiene, temperance, stands for a stronger body, a healthier mentality, a higher morality. Uriel Buchanan, Ph.D., editor; \$1.00 the year; The Vegetarian Co., Chicago.

THE WISE MAN, "a periodical dealing in a sound, thorough, not too profound way with the various subjects of Occult Science that are recognized as of practical value to mankind; monthly; 32 pp.: \$1.00 per year; Editor, *Leander Edmund Whipple*, 500 Fifth Avenue, New York.

THE VEGETARIAN, devoted to vegetarianism and dietetic reform; monthly; organ of the English Vegetarian Federal Union; — pp.: 75 cents per year; 34 Memorial Hall, Tarrington street, East Central, London, England.

HISTORIC MAGAZINE AND NOTES AND QUERIES; devoted to history, folklore, mathematics, literature, science, art, arcane societies, etc., monthly; \$1.00 per year; *S. C. Gould*, Editor, Manchester, N. H.

THE NEW THOUGHT JOURNAL and Occult Review, devoted to practical idealism and the study of nature's finer forces; monthly; 16 pp.: \$1.00 per year; *Geo. H. Bratley*, Editor, Talisman Publishing Co., 52b, Station Parade, Harrogate, Yorks, England.

HEALTH; devoted to physical culture and hygiene; monthly; \$1.00 per year; *Chas. M. Tyrell, M.D.*, Editor, 321 Fifth Avenue, New York.

VIM; a magazine devoted to mental and physical improvement; monthly; 34 pp.; 50 cents per year; *Edgar C. Beall, M.D.*, Editor, 500 Fifth Avenue, New York.

PHYSICAL CULTURE; devoted "to subjects appertaining to health, strength, vitality, muscular development and the general care of the body, and also to all live and current matters of general interest, enlivenment, entertainment and amusement"; monthly; 94 pp.: \$1.00 per year; *Bernarr Macfaddon*, Editor, 29 East 19th street, New York City, N. Y.

HEALTH CULTURE; a journal of practical hygiene; monthly; 48 pp.: \$1.00 per year; *W. R. C. Latson, M.D.*, Editor, The Health Culture Co., 151 West 23d street, New York City, N. Y.

NAUTILUS; a New Thought magazine of optimism and success for people who are alive; monthly; 32 pp.: 50 cents per year; Editor, *Elizabeth Towne*, Department 17, Holyoke, Mass.

THE NEW THOUGHT MAGAZINE; an exponent of the practical feature of the New Thought as applied in every-day life; monthly; \$1.00 per year; *William Walker Atkinson*, Editor, Caxton Building, Chicago.

ELIKA; a magazine of 20th Century Psychology practically applied to the to the art of living; monthly; 50 cents per year; edited by *H. C. Wright*; The Wright Publishing Co., Corry, Pa.

THE NATUROPATH and HERALD OF HEALTH; devoted to natural healing and living methods, on the basis of self-reform and popular hygiene, hydrotherapy (priessnitz, kneipp and just systems), osteopathy, heliotherapy (sun, light and air cure), diet physical and mental culture, to the exclusion of drugs and non-accidental surgery; monthly; 48 pp.: \$1.00 per year; *Benedict Lust*, Editor, 124 East 59th street, New York.

HEALTH WITHOUT DRUGS; a journal of dietetic reform; devoted to the teaching of the properties of foods in daily use rightly combined and proportioned, by means of which the prevention and cure of disease; opposed to vegetarianism; 5 cents per copy; *Miss Sophie Leppel*, editor, 26 Clovelly Mansions, Gray's Inn Road, London, England.

THE ENGLISH MAGAZINE OF MYSTERIES; monthly; \$1.00 per year; Apocalyptic Pub. Co., 15 Tothill St., London, S. W., England.

PSYCHO-THERAPEUTIC JOURNAL; monthly; devoted to the rational consideration of hypnotism, suggestion, mental science, will power, human radiations, drugless healing, and the treatment of disease by psychic and mental processes with due regard to diet, hygiene, and the observance of natural laws of health; \$1.00 per year; edited by *Arthur Hallam*, 3 Bayley St., Bedford Square, London, W. C., England.

THEOSOPHICAL QUARTERLY; published by the Theosophical Society of America, 159 Warren St., Brooklyn, N. Y.

THE THEOSOPHICAL FORUM, Flushing, N. Y.; \$1.00 per year.



REVIEW NOTES



Authors or publishers of books dealing with subjects within the field covered by SUGGESTION are invited to send short review notices (with copy of book) which will be inserted in this department.

Books.

AUTO-SUGGESTION; What It Is and How to Use It for gold; by Herbert A. Parkyn, M.D., editor of SUGGESTION; Health, Happiness and Success;" 192 pp.; linen cloth and a book for those who think; handsomely printed on heavy paper; SUGGESTION Publishing Co., 4020 Drexel Boulevard, Chicago. Second edition

Here is a practical book for those who seek to know the underlying laws of human effort; this book is an earnest attempt to give definite instruction regarding the use of psychic powers. It is not a fog bank; it is not a meaningless string of words; it is clear, concise, practical, helpful. It contains the essence of all systems of life culture, health culture, will and memory culture; it contains the germ of all that is true in occultism, success circles, vibrations, absent treatment, Christian Science, faith healing, etc. Read this book and understand how to use your inherent powers to accomplish any rational purpose. Do not walk in the dark; learn the law; know the how and the why; learn why one fails and one succeeds; why one is sick and another well; why one is steeped in pessimism and another is on the hilltops of optimism.

This book contains many of the articles written by Dr. Parkyn on auto-suggestion for SUGGESTION, the magazine of the New Psychology, with additional matter. It tells how to overcome physical troubles by auto-suggestion; how to improve the memory; how to overcome nervous troubles; how to become optimistic; how to build character, and how to become successful in the various pursuits of life. This book tells how to do things; it gives explicit directions as to the use of auto-suggestions and how to develop the inherent psychic powers.

The book contains fifteen chapters, and is written in simple, plain language so that any one who reads it can understand it and thereafter will have no difficulty in intelligently and practically employing auto-suggestion in a thousand ways to his lasting benefit.

This book will be welcomed by every student of Suggestive Therapeutics, and by all who are in search of health or happiness or success. Every one has within the power to satisfy all rational desires; it is a question of knowing how to employ these powers of mentality and thought force. Thought tends to take form in action; "As a man thinketh in his heart, so is he"—these statements are the text on which Dr. Parkyn's book is written.

The contents of the book are as follows:

CONTENTS.

- Chapter 1. Auto-suggestion. What it is and how it operates.
 " 2. Auto-suggestion. Its effects and how to employ it to overcome mental troubles.
 " 3. Auto-suggestion. How to employ it to overcome mental troubles.
 " 4. Influence of early auto-suggestions for the forming of character.
 " 5. Auto-suggestion for the formation of habits.
 " 6. The cultivation of optimism through auto-suggestion.
 " 7. Auto-suggestion and personal magnetism.
 " 8. Auto-suggestion for developing concentration.
 " 9. The achievement of success through auto-suggestion.
 " 10. Auto-suggestion and success.
 " 11. Auto-suggestion and breathing exercises.
 " 12. Auto-suggestion. Its influence on health in the winter.
 " 13. Auto-suggestion. The diagnosis and treatment of a typical case of chronic physical suffering.
 " 14. How psychic pictures are made realities by auto-suggestion.
 " 15. Auto-suggestion the basis of all healing.

—GIVEN AS A PREMIUM.

Any one who sends a new yearly paid-in-advance subscription to SUGGESTION will receive a copy of "Auto-Suggestion," post free, if the request is made when the subscription is sent.

—OLD SUBSCRIBERS.

An old subscriber who sends a renewal for one year may have a copy of the book for 25 cents additional, but the book under no circumstances will be sold separately at this price. Requests for the book must accompany the remittance.

—NEW SUBSCRIBERS.

New subscribers to SUGGESTION may have a copy of the book on "Auto-Suggestion" without charge if the request is made when their remittance is received.

If you are dissatisfied with the above offers return the book within five days after receiving it and your money will be returned.

Send all orders to SUGGESTION Publishing Co., 4020 Drexel Boulevard, Chicago.

Science vs. Mysticism.

THE difference between SUGGESTION and some of the numerous and amiable "freak" periodicals which exploit the "New Thought" in its various phases is that we accept certain conclusions of modern science which have been amply proved to the satisfaction of all serious students, and build solidly on this foundation. The mystics, on the other hand, appeal to the profound ignorance of the average uneducated person, and claim by their superior soul qualities to have discovered sundry beautiful thoughts that people formed of less fine clay must take second hand at blank dollars per think.

That their nonsense is appreciated by so many who fail to understand a scientific discussion of the questions involved is mainly due to the fact that a scientific discussion of psychic phenomena must assume a certain amount of knowledge on the part of the reader. Now until very lately this knowledge either could not be had at all in the English language, or only in expensive volumes written in a style that only college graduates could understand. True, Darwin's work can be had in cheap editions, but Darwin, like the man of science he was, did not claim things as proved until the proofs were ready. The work of another generation of scientists has unearthed facts which sustain his fundamental theory at every point, but these facts are not embodied in the cheap reprints of his books, and one who has read only these is not ready with an answer to the mystics who claim that the nature of life is unknowable except to one with "spiritual vision."

Because of all this we welcome with delight the new Library of Science for the Workers, a series of handsome cloth-bound volumes at fifty cents each, published by Charles H. Kerr & Company, 56 Fifth Avenue, Chicago. Four volumes in this series are now ready, and the publishers expect to issue more at the rate of one a month for some time to come.

As the books thus far issued are described in the publishers' advertisement on another page, we will make only brief comment in this month's issue.

"The Evolution of Man" is a simple narrative tracing back man's ancestry as told by geology and embryology from the cave man through the anthropoid apes, monkeys, lower animals, amphibians, fishes and worms, down to the animals consisting each of a single cell, and shows the probability now almost a certainty that these

cells were produced by spontaneous generation from the matter called inorganic.

"Germes of Mind in Plants" unfolds new and startling evidence showing that the mind of man, so far from being something unique in the universe, is merely one variation of the life that is pulsing through all plants as well as all animals.

"The End of the World" goes a step farther, and brings a wonderful array of new facts to show that the universe-life is not confined to organic beings, but that worlds and suns themselves are alive and go through cycles of birth and death, yet all the while controlled by laws that are in no way mystical, but capable of expression in the language of science.

The latest volume yet published, "Science and Revolution," is a bold attack on the class interests which have through all the ages tried to obstruct the development of science. The author shows that it is these same interests that are now opposing the movement of the laborers for better industrial conditions, so that there is a clear identity of interest between genuine science and the political movement of the working class.

We advise every reader of SUGGESTION to read these books, because they are full of interesting facts that are new even to the best educated. We also advise putting the books into the hands of young people, since their circulation will be the most effective way to put charlatans out of business and open up new fields for practitioners who prefer science to claptrap.

THE EQUITIST.

A new national weekly magazine, will illumine truth and dispel error by a fearless discussion of every phase of Sociology and Evolution, from the standpoint of Equal Freedom and Annular Evolution. Its readers will be encouraged to discuss with the editor every "ism" involved. It will aim directly at the total abolition of all tribute compelling powers; by first securing that unity of conception which can come only from clear thinking, and which, in its turn, necessitates the use of clearly defined words.

The cause and cure of the many ills which beset humanity—social and political, including intemperance, vice, crime and poverty, trusts and "graft," public and private—will be thoroughly discussed.

The important questions which confront the parents of school children from time to time will be thoroughly discussed alternate weeks by the Seabright Child Study Circle, and suggestions and queries

from readers will be noted and answered as occasion warrants. Every other week the Book-Lovers' Club will discuss books—new and old—and other publications, in the manner of a group of persons thoroughly interested in the subjects and perfectly free to express themselves.

THE EQUITIST will be edited by Warren Edwin Brokaw. The Seabright Child Study Circle and Book-Lovers' Club will be a distinct department in charge of Estella Bachman. Isaac Newton Vail, as special contributor, will have charge of the Annular Evolution department.

A 16-page weekly magazine: \$1 a year, 50 cents six months, 25 cents three months—invariably in advance.

Advance subscriptions now being taken. Send or hand in yours at once. Address all orders to

BACHMAN-BROKAW PUBLISHING HOUSE, Pasadena, Cal.

PLAIN FACTS ABOUT THE WATER QUESTION; by Walter H. Bartholomew, C. E., published by Vermilye & Power, 17 Battery Place, New York; pamphlet; 16 pp.; will be sent for a 2-cent stamp.

This little Pamphlet gives some very important information regarding drinking water.

I would recommend every one interested in the natural laws of health to send for a copy of the pamphlet. Find out what kind of water to drink, when to drink it and how much to drink and you will go far towards solving the problem of how to keep healthy.

Why not know how?

E. E. C.

TO THE READERS OF SUGGESTION.

If you have not already bought a Christmas card for your friend why not send for one of Nancy McKay Gordon's new booklets, PSYCHOLOGY OF FINANCE? She will send it to you all ready to post, wrapped in dainty pink tissue paper and tied with the same potent color. You can procure this artistic little volume from her by addressing 241 Dearborn Avenue, Chicago, Ill. You have only to inclose twenty-five two-cent stamps or a fifty-cent postal order if you only want one, but a dollar bill will bring two of them! This little booklet has been largely noticed by the press, pro and con. It is all that its admirers claim for it and the author accepts with grace all the criticisms. However, should you have already supplied yourself with Christmas THINGS, then send for the book for yourself. You can make no mistake by DOING IT NOW.



Business Talks

BY THE MANAGER



Scientific Salesmanship.

THERE is a science of business and I wish every reader of this magazine would spend a few minutes reading on this subject. The psychology of business and success is explained in the work of the Sheldon School of Scientific Salesmanship. If you will send a postal addressed to the Sheldon School, 1000 Republic Building, Chicago, you will receive without cost detailed information as to the work of the school. If you are in business in any capacity you will be interested in learning about the psychological principles of business.

Salesmen, clerks, managers and merchants ought to have a practical knowledge of the scientific basis of business, and so I am asking all of the readers of SUGGESTION to look into the question.

Take a course in business training; you will be more valuable to your employer; you can command a better position or a higher salary. You can find out for 1 cent.

E. E. C.

How's Your Memory?

YOUR memory can be trained and cultivated so that your best friend wouldn't know it. Memory culture is a most fascinating study to those who would make the most of life. Memory is the tool by which you carve your way to success. Why not have a first-class, bright, sharp tool? Now, if this makes the least bit of impression on you why not write something like this?

"Dear Mr. Dickson, Kimball Hall, Chicago:

"Mr. Carey, the SUGGESTION man, says you will give me some information about developing the memory. I should be pleased to receive your booklet.

"Very truly yours,

"(MISS) JAMES JAMES.

"Anywhere P. O., any State."

Mr. Dickson will send out 1,000 booklets to 1,000 of the readers of SUGGESTION. Why not get one of those booklets? It will cost something surely—one cent.

E. E. C.

Henry Harrison Brown.

Henry Harrison Brown, Editor of *Now*, published in San Francisco, and who has been president of the New Thought Federation for the past year, was in Chicago in October and November giving lessons and lectures. Mr. Brown lectured at the Oakland Hotel before an appreciative audience, his subject being "The Creative Power of Thought." Mr. Brown is an able exponent of the theories of Mental Science, his writings on the Law of Suggestion are scientific and timely, and have done much to popularize and make practical the subject and to clear away the superstition and mysticism generally attaching to psychological questions.

E. E. C.

Announcement.

THIS issue of SUGGESTION and the two previous ones have been delayed by causes beyond the control of the publisher. The printers' strike in this city has caused considerable delay and annoyance, and certain matter designed for this issue has been unavoidably omitted.

* * *

Arrangements have been made whereby the magazine will be issued regularly in future, and in an improved form. I wish to thank all readers for their consideration and forbearance during the last two months.

* * *

Few complaints and criticisms have been received, and this consideration has been deeply appreciated.

* * *

We will try to publish a very interesting magazine during the coming year, and all friends can help by sending today the name of a thinking friend. To all such names sample copies are sent.

* * *

I wish the thousands of readers of SUGGESTION, scattered all over the globe, a most happy and prosperous year. You all have within you the germ of success; all that is necessary is development—unfoldment—recognition—belief.

HERBERT A. PARKYN.

4020 Drexel Blvd., Chicago, December, 1905.

Watch the typical business man in the early morning as he crosses park, or common, or public garden, all radiant with beauty, which bids for his attention on every hand, while he walks rapidly along unconscious of it all. Masses of loveliness smile from flower-bed, or blossom, on shrub and tree, without attracting even a passing glance. He passes through the country, when bird and brook and wild flower are vying with one another to arouse him from his absorption in business problems, with the same careless indifference. People are so taken up with putting money into their purses that they have no time to let beauty into their lives.

* * *

The young business man who adopts the methods of his competitors, who dresses his show windows in the same style, who studies and imitates them in every way, is not the one who becomes a great merchant; it is the one who dares to put in motion new ideas; and who attracts attention by his originality, that succeeds in his business. There is good advertising in originality.

* * *

Patience is the best remedy for every trouble.—Plautus.

"'Tis never offered twice; seize, then, the hour when fortune smiles and duty points the way."

* * *

"Don't brood over the past nor dream of the future, but seize the instant and get your lesson from the hour."

* * *

That physical change called death does not end friendship. A true friend is a friend forever.—Geo. D. Tripp.

* * *

"Don't wait for extraordinary opportunities; seize common occasions and make them great."

* * *

Work is the grand cure for all the maladies and miseries that ever beset mankind.—Carlyle.

* * *

"Experience is a grindstone; it is lucky for us if we get brightened by it and not ground."

* * *

A healthful hunger for a great idea is the beauty and blessedness of life.—Jean Ingelow.

This, That and the Other

Passing of Porridge.

Makes way for the Better Food of a Better Day.

"PORRIDGE is no longer used for breakfast in my home," writes a loyal Britain from Huntsville, Ont. This was an admission of no small significance to one "brought up" on the time-honored stand-by.

"One month ago," she continues, "I bought a package of Grape-Nuts food for my husband, who had been an invalid for over a year. He had passed through a severe attack of pneumonia and la grippe combined, and was left in a very bad condition when they passed away.

"I tried everything for his benefit, but nothing seemed to do him any good. Month followed month and he still remained as weak as ever. I was almost discouraged about him when I got the Grape-Nuts, but the result has compensated me for my anxiety.

"In the one month that he has eaten Grape-Nuts he has gained 10 pounds in weight, his strength is rapidly returning to him, and he feels like a new man. Now we all eat Grape-Nuts food, and are the better for it. Our little 5-year-old boy, who used to suffer from pains in the stomach after eating the old-fashioned porridge, has no more trouble since he began to use Grape-Nuts, and I have no more doctor's bills to pay for him.

"We use Grape-Nuts with only sweet cream, and find it the most tasty dish in our bill of fare.

"Last Monday I ate 4 teaspoonfuls of Grape-Nuts and cream for breakfast, nothing else, then set to work and got my morning's work done by 9 o'clock, and felt less tired, much stronger, than if I had made my breakfast on meat, potatoes, etc., as I used to. I wouldn't be without Grape-Nuts in the house for any money." Name given by Postum Co., Battle Creek, Mich. There's a reason.

Read the little book, "The Road to Wellville," in pkgs.



SUCCESS lies in never tiring of doing, in repeating, and never ceasing to repeat, in toiling, in waiting, in bearing and observing; in watching and experimenting, in falling back on oneself by reflection, turning the thought over and over, round and about the mind and vision, acting again and again upon it—this is the law of growth. The secret is to do, to do it now; not to look away at all.

—BISHOP SPALDING

That if those brave men who signed the Declaration of Independence could see this country now, would they be glad or sorry? I'M GLAD. The future is easy to read. Future is only the result of the present. If you burn your house down today you'll be homeless tomorrow. Take care of yourself today, you'll be well tomorrow. Be good today; you'll be happy tomorrow. You look out for the present, the future will look out for you. There isn't any future, and the past is dead. PRESENT is all. So for goodness' sake let us take care how we use it, and have foresight instead of hindsight.—Buster Brown, *Chicago, Tribune*.

The foundation of domestic happiness is faith in the virtue of woman.—*Landor*.

* * *

Education is our only political safety, outside of this ark all is deluge.—*Horace Mann*.

* * *

It is a poor eloquence which only shows that the orator can talk.—*Sir Joshua Reynolds*.

Sound Sleep Can Easily Be Secured.

“UP to 2 years ago,” a woman writes, “I was in the habit of using both tea and coffee regularly.

“I found that my health was beginning to fail, strange nervous attacks would come suddenly upon me, making me tremble so excessively that I could not do my work while they lasted; my sleep left me and I passed long nights in restless discomfort. I was filled with a nervous dread as to the future.

“A friend suggested that possibly tea and coffee were to blame, and I decided to give them up, and in casting about for a hot table beverage, which I felt was an absolute necessity, I was led by good fortune to try Postum Food Coffee. For more than a year I have used it three times a day and expect, so much good has it done me, to continue its use during the rest of my life.

“Soon after beginning the use of Postum, I found, to my surprise, that, instead of tossing on a sleepless bed through the long, dreary night, I dropped into a sound, dreamless sleep the moment my head touched the pillow. Then I suddenly realized that all my nervousness had left me, and my appetite, which had fallen off before, had all at once been restored so that I ate my food with a keen relish.

“All the nervous dread has gone. I walk a mile and a half each way to my work every day and enjoy it. I find an interest in everything that goes on about me that makes life a pleasure. All this I owe to leaving off tea and coffee and the use of Postum, for I have taken no medicine.” Name given by Postum Co., Battle Creek, Mich.”

There's a reason.

Read the little book, “The Road to Wellville,” in pkgs.

On another page will be found the advertisement of the Philo Burt Mfg. Co., 247 13th street, Jamestown, N. Y. They have perfected a natural method for the cure of spinal curvature which is almost invariably successful. We advise all our readers who know of people suffering from this terrible complaint to call their attention to this announcement.

Honorable industry always travels the same road with enjoyment and duty, and progress is altogether impossible without it.—*Smiles.*

* * *

Not to sympathize is not to understand.—*DeQuincy.*

The Creator of "Buster Brown."



R. F. OUTCAULT, the clever cartoonist, who has given to the world "Buster Brown" and "Tige," "Buddy Tucker," "Mary Jane" and the host of other funny, naughty youngsters and wise animals, is responsible for having introduced a new

element in newspaper humor. Before his advent there was much that was coarse, vulgar, even malicious and selfish in the pranks of the "comic supplement." But Mr. Out-

cault struck out a new line for himself—his fun was not only twice as amusing as the old style, but it was *clean* fun, and he at once sprang into enormous popularity. His path to success was not rose-lined by any means, but Mr. Outcault is a believer in New Thought doctrines, in the "I Can and I Will" slogan—and *he got there*. He is probably one of the best paid cartoonists in America. How he got there and what he thinks about *the best way to win success* will be told by himself in the January number of NEW THOUGHT.

For NEW THOUGHT has succeeded in persuading Mr. Outcault to become a regular contributor to its pages. In December will appear a cartoon of Buster and Tige with a page of Buster's famous RESOLUTIONS. You know them? Here's one from the *New York Herald*:

"Resolved, That the law of gravitation is as kind as the other natural laws. It holds the Universe together and serves us well, but you mustn't fool with it when you get up any place. You mustn't take liberties with any of Nature's laws. They are regular boomerangs. Look at dynamite; it is honest and does just what it is intended to do. But you must go away before it gets busy. For then you can come back. But you never can come back if you stay too long. You must work like other things work. Good honest work is the prayer that's always answered. But blame it, I can't remember these things until after I get stung—or bit, cracked or thrashed. None of us can, until old R. E. Morse tells us.

BUSTER BROWN."

Only, Buster being a small kid, *prints* his resolutions, and that is the way they will appear in the NEW THOUGHT Magazine. In the January number (which will contain Mr. Outcault's Success article)

begins also "Buster Brown's Diary," which will run throughout the year—two pages of funny happenings and bed-rock philosophy, with a cartoon of Buster and Tige—*New Thought with a laugh in it.*

It's a unique departure, and there is no question that the subscription list of the magazine will double and treble. All Buster's friends—and their name is legion—will rush to send in their subscriptions. Mothers and fathers, puzzled to death to know how best to interest the children in New Thought beliefs and *practice*, will find in Buster their problem solved, for Buster is just the naughty, natural child that other children want to hear about—BUT he's *full* of good every-day new thought, and it crops out in every other line of his funny resolutions, to be remembered by every child who reads. Buster is one of the best missionaries New Thought could have—for he interests the children, amuses even those grown folks who "don't see much in new thought," and *sets everybody thinking.*



Ida Gatling Pentecost

NEW THOUGHT is making several radical departures. In the November number is an account of a projected \$1,000,000 New Thought University, which a wealthy woman plans to establish at Santa Barbara, Cal., with a sociological colony in Arizona. The publishers expect to supplement the notice with more detailed information in a later issue.

Another unique feature of the magazine for 1906 will be the publication monthly of **The Diary of "A New Beginner,"** the real diary of a real live person whose name is withheld—a novice in New Thought, who recounts the daily trials; the falls from grace, the struggles to apply New Thought to specific difficulties; and whose experience with its personal note is just the thing to interest and help other novices in New Thought, and even those of us who have been walking the road for many years.



William Walker Atkinson

WILLIAM WALKER ATKINSON, so well and widely known, continues to contribute his famous "**Chips from the Old Block**" during 1906, his articles on **Practical Mental Science** and other vigorous mental food. Mr. Atkinson is probably the most popular exponent of the New Thought teachings in the country, and his admirers and students are numbered by the thousands.

If you have read FRANKLIN L. BERRY'S famous articles, "Going Up," "Hello, Trouble!"

"Get Out of My Sunlight," "Solitaire," etc. (the last named appeared in the November issue of **NEW THOUGHT**), you can appreciate what lies in store for the readers of **NEW THOUGHT** during 1906, as monthly articles of this type are promised from his pen. They are full of good, hard, practical *working* sense, with just that ring and vim which makes us tingle all over with the desire to be "up and doing."

By request there will continue to appear the republication of some of the most popular articles from the pen of ELLA WHEELER WILCOX.



Uriel Buchanan

Special Health Articles appear each month. (The November issue had an excellent article on "Insomnia.")

There will be published a number of articles on novel industrial communities or economic experiments; on odd sects; new phases of thought; talks on health from New Thought standpoints; personal Success experiences, *from those who have succeeded, etc., etc.*

The staff of regular contributors includes William Walker Atkinson, R. F. Outcault ("Buster Brown's Papa"), Franklin L. Berry, Louise Radford Wells, Ida Gatling Pentecost, Uriel Buchanan, Felicia Blake; and each month there will be articles from new contributors.



Felicia Blake

And speaking of radical departures, the most radical of all is the **REDUCTION OF THE SUBSCRIPTION PRICE TO 50 CENTS**, beginning with January 1, 1906. The publishers say they can reach more people and do better "missionary work" at this price than their present rate of \$1.00, and they have enough faith in their mission to risk half their income by cutting it in two. *That's New Thought in practice!*

ONE DOLLAR mailed to the publishers with your own name and that of two friends (new subscribers) **WILL PAY** all **THREE SUBSCRIPTIONS** for the year of 1906 under a special holiday offer now in force, or **FIFTY CENTS** will bring the magazine to you every month of the New Year. Better join the procession! Address The New Thought Publishing Company, Dept. 24, 1170 Caxton Building, Chicago, Ill.

The Greatest Achievement of Mind.

BY T. J. BOWLES, M. D., MUNCIE, IND.

BY far the greatest achievement of the human mind during all the centuries that have come and gone, is the discovery that we live in a natural world, and that the belief in supernaturalism had its origin in the savage and barbarous periods of the world's history, when man was universally ignorant of natural law.

Ignorance of natural law among primitive men being universal, a belief in supernaturalism was, of necessity, universal, and this scientific fact fully and clearly accounts for all the so-called divine revelations, and revealed religions that have ever existed and flourished in the world.

With the dawn and growth and development of reason, and with constantly increasing knowledge of natural causation, supernaturalism has gradually faded out of the human mind, and among all intelligent men and women it is now positively known that gods and devils and spirits exist only in the mind of ignorant men and women, who have no knowledge of Nature and her eternal and unbreakable laws.

When this knowledge takes deep root among the masses of men and women we will have a happy world, and instead of pagodas and joss-houses, where superstitions are taught and kept alive, our beautiful earth will be filled with rock built temples, dedicated to science and humanity, and to the propagation of the Good, the Beautiful and the True.

Worth begets in base minds, envy; in great souls, emulation.—
Fielding.

* * *

Duty is the path that all may tread.—*Lewis Morris.*
Accuse not nature; she has done her part; do thou but thine.—
Milton.

* * *

"The thought must breathe and the word must burn before it can find lodgment and kindle the fire in the heart of another."

* * * * *
* Concentrate, and so make of thy mind a lens which shall *
* attract and focus rays from the sun of wisdom; thus wilt thou *
* become a power for good.—*Corning Edwards.* *

* * * * *

Death Caused by Thought Force.

EDITOR MEDICAL WORLD:

When I perused the article from the pen of Dr. D. C. Summers, of Elm Springs, Ark., I was shocked to read that when a patient informed him that she was using * * * with apparent benefit he made answer, "And just about the time you get well you'll die." That remark was heartless and cruel. Does Dr. S. not realize or understand the power of suggestion? It was incontestably demonstrated to the medical profession of the whole world about 1860. In Paris, France, the medical fraternity petitioned the government to give them the privilege, for an experiment, of disposing of a criminal who was condemned to be executed, at the same time pledging themselves to use no cruelty. Upon the petition being granted, they tied the criminal into a chair, bandaged his eyes, then his arm for venesection, telling him that he was to be bled to death. When all was ready his arm was slightly pricked, when one of the doctors set a small stream of warm water flowing into a vessel so the subject could hear it flow; then they commenced making preconcerted remarks about the flowing blood, and when at last they spoke of the flow diminishing by degrees and finally said that in a few more minutes all would be over, and then they remarked, "At last it is finished," when to the surprise of all the criminal was *dead in earnest*—killed by suggestion, proving its power. Has any doctor who is consulted by a suffering human being the right to discourage such being? I emphatically say *no*. Our duty is to cheer and encourage, no matter how serious and questionable the case appears or is in reality. A patient who has *faith* in the attending physician will watch the expression of the face during examination as well as listen to the words of the doctor, and the effect of either is left after the visit. Just one case as proof: I was attending a lady every other day; when she was improving I lengthened the time between the visits. Then her husband called on me wishing to know why I came so seldom. I answered, "Because it is not necessary to see her oftener," when he remarked, "I am far from rich but I will gladly pay you if you will come every second day, as then my wife will get well and strong much quicker, as she feels cheered and encouraged in every way after your visits." Dr. Summers and others like him would do well to try encouragement as a part of treatment, besides medication, instead of predicting *death*.—*Gertrude Hammond Harper, M.D., in The Medical World.*

WHAT IS ORGANIC DISEASE?

(From "VITAL CULTURE")

FOR the comfort of incurable cases, sympathetic doctors are accustomed to saying to the patient: "You have no organic disease; you are simply very much run down;" "Your body is filled with uric acid;" "You have catarrh of the stomach and bowels;" "You are losing vitality;" "You have nervous prostration," or "You have incipient consumption," or other like trouble.



GEO. G. NADER
This man has gained 35 lbs.
Look for his second picture in
next month's issue of VITAL
CULTURE.

The poor, deluded patient goes home with the idea that he is sick, but that there is nothing radically wrong, and so time drifts on and he makes no determined effort to get well. Finally he realizes that he is getting no better, but worse, and he consults another physician who tells him that is a pity he had delayed so long, that he could have been readily cured had he applied to him for treatment sooner.

If his system is so filled with uric acid that every nerve is irritated to desperation and the nerve cells are being cast off by the billion it is time for the patient to realize the condition and apply the remedy.

If his system is so foul that the entire mucous membrane is lined with catarrh he may look for speedy dissolution.

If the vital fluids are being lost in great quantities, all the sympathy in the world will not check them. Rational means must be bought and used.

If a man has lost some ten, twenty or more pounds he is in a serious condition and the twenty or more pounds he has lost was just so much blood, muscle and nerve—organic tissue—and he must again gain the twenty or more pounds of good, healthy, organic tissue, otherwise he is incurable.

Dr. Thomas' Uncooked Bread

CURES CONSTIPATION, INDIGESTION, BILIOUSNESS, ETC.

Sug.
12-05.

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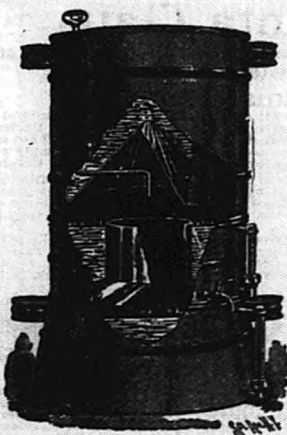
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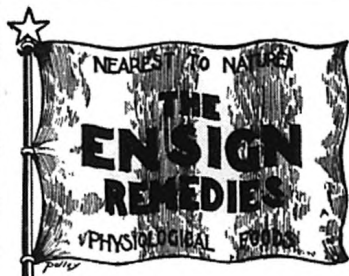
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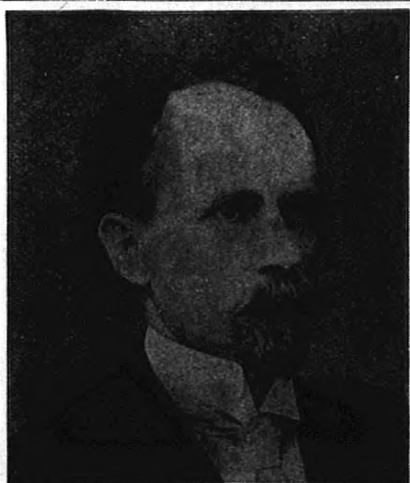
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